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A young Syrian boy is greeted by his family members at the Calgary International Airport Monday. JEREMY SIMES/FOR METRO

WARM WELCOMES

Refugee families greeted with joy as they arrive at their new home

Coverage: pages 5, 12

Local MLA dies in crash

Manmeet Bhullar, 35, served Calgary Greenway

Calgary MLA Manmeet Bhullar served his community, his city, and his province most of his adult life.

Even his final act was one of service. On Monday afternoon he got out of his car to check on a driver who had slid off the highway, when he was struck by a vehicle that had been hit by a semi-truck that had lost control.

The incident happened around 2:20 p.m., north of Red Deer on Highway 2. Conditions were icy at the time, according to RCMP.

Bhullar was transported to hospital but died of his injuries. He was 35.

He served as the MLA for Calgary Greenway since 2008 at the age of 28, and held three cabinet posts in Infrastructure, Human Services and Service Alberta.

Mayor Naheed Nenshi said he



Manmeet Bhullar METRO FILE

was "utterly gutted" by the news and praised Bhullar for all his service, but especially his work advocating for children in care.

"And this was his true calling — a man who defined integrity, who was genuine in everything he did, who never stopped fighing so that everyone could live a life of dignity," said Nenshi.

Former solicitor general and

Former solicitor general and Justice minister Jonathan Denis had known Bhullar since their days in PC Youth. "His community was very proud of him. But he reached beyond his community. He touched everybody," Denis said. METRO



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Your essential daily news

Beloved among kids, Bunchems cause headaches for parents. **Business**

Calgarians happy with quality of life, survey says

Public still worried about economic downturn



Helen Pike Metro | Calgary

The majority of Calgarians believe their quality of life is good, although more have said their quality of life has worsened in the past three years.

According to the city's 2015 Citizen Satisfaction Survey and Research on Calgary's Economy,

86 per cent of Calgarians said their quality of life is good. However, 25 per cent said their quality of life has worsened, up five percentage points from 2014.

"Once again this year satisfaction lev-

els of citizens living in Calgary and with the City of Calgary remain extraordinarily high," said Mayor Naheed Nenshi at a news conference Monday. "I do want to highlight something, which is that people are very nervous about the economic downturn."

This is the first year the City of Calgary also commissioned a study looking at the city's economy which underlined citizen

jobbank.gc.ca

concerns, calling Calgary's situation bad and getting worse.

The telephone survey, on satisfaction, was conducted between Aug. 20 and Sept. 10 with a random sample of 2,452 Calgarians aged 18 years or older. The margin of error is plus or minus two per cent, 19 times out of 20. The economic survey was also conducted over telephone with 501 participants with a margin of error plus or minus 4.4 per cent 19 times out of 20.

Fifty-seven per cent said the economic downturn has impacted their household, and 75 per cent said they think it's a good time for the city to invest in new projects like roads, public transportation and local facilities.

The No. 1 thing

is invest in

infrastructure to

create jobs.

Nenshi said when digging into the report it becomes clear how the city can help weather these tough economic times.

"The No. 1 Mayor Naheed Nenshi thing is invest in infrastructure to

create jobs," said Nenshi. "Ensure that the city's role as a job creator continues unabated through the economic downturn - and the benefit of that is that we get great stuff that we need built and we get it for cheaper."

He maintained that the downturn did not hit Calgary as hard as the public thought it was go-



Bike lanes were a contentious issue in this year's satisfaction survey, with a clear divide on whether or not Calgarians want to see funding. METRO FILE

About 77 per cent of Calgarians are very or somewhat satisfied with the city's snow removal.

Infrastructure, traffic and roads are an important issue for 36 per cent of the population.

About 69 per cent of the city believes more money ould be invested in

City split on cycle track

As the downtown cycle track network turns four months old, results from the city's yearly Citizen Satisfaction Survey shows public interest in the new cycle track network dollars may be waning. But Mayor Naheed Nenshi is not fussed about it.

The survey, released Monday, showed an eight per cent drop in support for funding over last year's numbers when it comes to bike lanes on streets. Fortyseven per cent of respondents asked the city to spend less on cycle tracks, 33 per cent asked for the same dollars to go into infrastructure and 20 per cent are begging to see more money in place.

The fascinating thing about the bike lanes thing is that after all the drama, after all the ink spilled on it, 53 per cent of people still want us to spend more," Nenshi said Monday.

The downtown cycle track pilot has always been a contentious issue, sometimes quite political, with members of the public, and politicians like Coun. Sean Chu, wondering why so much money is being spent on something a small part of the population uses.

"I mean, think about that. That means politicians can't entirely control the issue agenda,' said Nenshi. "We've had so many people try to make this a huge case ... we still have a clear majority of people saying spend more.'

So far \$7.1 million, has been spent on the pilot, which rings in at half of one per cent of the 2012 to 2014 transportation budget. HELEN PIKE/METRO



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IN BRIEF

Senior killed in Somerset crash

A man in his 70s was found dead after his SUV crashed early Monday morning.

Shortly before 2:15 a.m., Emergency Medical Services paramedics responded to Somervale Drive, attending to reports of a motor vehicle collision.

They arrived to find a single vehicle which had left the roadway striking a number of stationary objects and coming to a rest after striking a concrete fence post.

Paramedics declared the driver dead at the

EMS has no information as to what preceded the collision.

Calgary police seek poppy box thief

The Calgary Police Service is seeking help with a poppy box theft.

On Nov. 8, a man entered a gas station located in the 3100 block of 36 Street S.E. and took the money from the box at the till.

The man is described as Caucasian, between five-foot-five and five-foot-seven, with a medium build and shaved head.

He was wearing a red zip-up hoodie with a black 'Hell or High Water' T-shirt underneath.

In total, 39 poppy box thefts have been reported to CPS this year.

Lean market strains Calgary landlords

Tuesday, November 24, 2015

Vacancy rate at 5.3 per cent, up from same time last vear

Krista **Sylvester** For Metro | Calgary

It's a renters' market out there and while that may be good news for those looking for a place to live, many Calgary landlords are starting to feel the pinch as rental units sit empty.

The current vacancy rate in Calgary is 5.3 per cent, which is an increase over spring's 3.2 per cent — but this time last year it was just 1.4 per cent, according to Calgary Residential Rental Association executive director Gerry Baxter.

"That's quite a significant jump in vacancies and what I'm hearing now is there are landlords out there having trouble filling their rentals and the tenants that are looking are taking their time and shopping around," Baxter said, adding units over \$2,000 are struggling the most to find renters.

"All signs are pointing to a tenants' market. But this is normal because this whole business is based on a cycle of peaks and valleys and at some time it will go back the other way - that's just what happens."

While it's great news for renters, it's a harder pill for



Days of near-zero vacancy in Calgary are gone and it's become more of a renters' market in the city. KRISTA SYLVESTER/FOR METRO

It's stressful; we don't know when we're going to be able to find a renter and we have two mortgages to pay.

Nicole, a landlord

landlords to swallow, especially those who rely on the income to help pay their own mortgage. Nicole, who didn't want to use her last name, said she and her husband have been struggling to find a renter for their Braeside home for almost two months and it's starting to take its toll.

"We haven't even heard from many potential renters, let alone have any serious offers. We didn't expect it to sit this long and we've even lowered the rent twice," Nicole said.

The good news for tenants though, is that they're finding great deals that wouldn't have happened a year ago.

Î've heard some companies and people offering incentives while others are lowering the rent fees, Baxter said. "It's good for renters right now and they have a lot more time to make a choice."

Keeping the Green Line green



Helen **Pike** Metro | Calgary

Green solutions are being considered for the Green Line, as city councillors discussed transit possibilities amid the province's new climate change strategy.

During question period Monday, Coun. Druh Farrell was curious about how the city will operate its largest infrastructure project with the smallest possible footprint.

"Considering we have a successful ride-the-wind program, is there a plan to look at solar, ride-the-sun, for the green line?' said Farrell.

Mac Logan, the general manager for Transportation in Calgary, said although there isn't a solar plan yet, the city is looking at several scenarios to keep the Green Line, well, green.

"I know part of the plan that we're doing on the Green Line we would like to incorporate a solar component specifically around the station amenities, said Logan during a council meeting Monday.

He added the city is also hoping to leverage the government's announcement for more cash to ensure its new line will also be operating on wind power.

"We would also like to use this announcement by the provincial government to leverage additional wind power capacities, so that we can ensure if we add the Green Line and the tremendous amount of electricity that will consume ... 100 per cent of that would be windpowered."





Layla Zidan, of Syria, and her brother Samer, of Calgary, embrace after years and continents apart. JEREMY SIMES/FOR METRO

Arriving refugees met with tears, hugs

CALGARY AIRPORT

Syrian families flooded with emotions



Jeremy Simes For Metro | Calgary

It was an emotional day for three families at the Calgary International Airport, as those in Calgary greeted their family members en route from Syria.

The three Syrian families stayed in apartments in Lebanon, fleeing their home country for safety.

Antoinette Godbout, refugee sponsorship co-ordinator with the Calgary Catholic Immigration Society, said Lebanon

could no longer take the refugees, prompting the organization to sponsor them.

Fryal Doumate stood anxiously outside gate B39 at the airport, waiting for her son Firas, his wife, and their children Hani and Fadi.

She had been waiting for three years and a couple of months to see them.

"She's happy they'll be safe in Canada," said Fryal's sister Lyla, who translated for her. "It's not good back home.'

But the Doumates had to wait just a bit longer — the Zidan family was first to walk through the gates.

The crowd of about 60 cheered as the first family walked through and, with bouquet in hand, Shirin Khazaka leapt in the air as she saw her

Thank God, thank Canada and thank Calgary.

Lyla Doumate

mom, Layla, walk through.

"I'm just so happy," Shirin said, after the family posed for a few photos.

Via translation from her brother Samer, Layla said it was hard to leave Syria, though she's extremely happy to be in Canada.

After the Zidans left, the Doumates' excitement began to build - they were next to see their family members.

The gate doors opened, and there they were: Fryal's kids and grandkids.

Tears began to well in Lyla's eyes as she kissed her niece on her forehead. They were tears of joy, she said.

Lyla greeted both little Hani and Fadi with a toy police car and ambulance.

"I'm in Canada!" Hani proclaimed with a smile.

Their dad, Firas, looks forward to raising his kids in Canada - it's safe and welcoming, he said via translation from uncle David.

"It's very nice," Firas said, adding the family has been exhausted by their travels.

What's next for Doumates? Lots of time to catch-up and make food, David said.

"I feel so good," Lyla added. "Thank God, thank Canada, and thank Calgary."

Elementary students put out welcome mat

Krista Sylvester For Metro | Calgary

As the city welcomed Syrian refugees Monday, Sunalta Elementary School in Calgary launched a fundraising drive to sponsor a Syrian family.

Sunalta Elementary School is the first Alberta school to join in on the 1,000 Schools Challenge that began in Toronto in September.

. Sunalta hopes to raise \$30,000 in the campaign to provide practical and emotional support to a family for a year, according to school principal Trevor Barkley.

"We were approached by a parent and wondered if we would want to get on board and this is something that ties into our citizenship, so we said, 'absolutely' and jumped on board right away," Barkley said.

The Sunalta School Community Welcomes Refugees is a community group applying to sponsor a refugee family and will be putting together an application while raising approximately \$30,000 to financially support a family.

"We do a lot of things to promote citizenship and now we're talking about how we can make a difference in other people's lives, and what it's like to be without a house, a home or a country. The kids are excited to get a new family that would come to our school."

The excited students left school Monday toting red balloons with a fundraising letter attached to it to help kick off the campaign.

"The red balloons are just a beautiful visual way to launch the campaign and the children will bring the balloons home to their parents and each one has the information on it," Barkley added.



It feels really good and it's exciting to be able to do something to help.

Molly Milligan

Many students are eager to help welcome refugee families to the city, including Grade 5 student Molly Milligan, who couldn't be more excited to welcome new friends.

"It feels really good and it's exciting to be able to do something to help," Molly said.



Sunalta students get ready to welcome Syrians to their community and their school. KRISTA SYLVESTER/FOR METRO

'Hatchet job' column brought campaign to halt: Candidate

A friend and campaign worker of former TV journalist Arthur Kent says a column written by Don Martin during the 2008 Alberta election campaign was a "hatchet job".

Kent is suing Postmedia, the National Post and Martin alleging that he was defamed during his unsuccessful campaign to win a seat for the province's Progressive Con-

Kent became known as the "Scud Stud" for his reporting on Iraqi missile strikes for NBC during the Gulf War and the column at issue ran under the headline "Alberta's 'Scud Stud' a 'Dud' on Campaign Trail."

Len Grant, a longtime TV journalist himself, testified there were no problems on the campaign until the Martin column ran and Grant says he was "dumbfounded" by it.

The article used unnamed sources and did not have any comment from Kent.

reporter Heath McCoy has told the court he had no problem reaching Kent for his own story during the campaign.

Postmedia denies Kent's accusations and argues it was practising responsible jour-

The company has emphasized for the court the media's role in informing voters about candidates' policies and actions.

THE CANADIAN PRESS





The Alberta Gaming and Liquor Commission has awarded the choice for performers to remove their pasties — meaning exposed breasts no longer violate the Canadian Human Rights Act. COURTESY HEIKO RYLL

Burlesque dancers acquire 'huge win'

New policies redefine 'nude' entertainment



Andrea Ross Metro | Edmonton

Alberta's burlesque performers can dare to bare a little more following a change to Alberta's nude entertainment policies.

As of Monday, exposed breasts are no longer part of the Alberta Gaming and Liquor Commission's definition of "nude."

The change came after several burlesque performers argued the previous definition of nude - which included exposed breasts - violated the Canadian Human Rights Act, AGLC spokeswoman Tatjana Laskovic said.

"In the new definition, the exposure of female breasts is no longer considered nude,"

"The AGLC does try to make sure our policies are appropriate and responsive to the marketplace and we continuously review policies to make sure they are clear and promote a safe and responsible liquor environment.

Drafted in 1996, this is the first major change to the definition of nude in the AGLC Licensee Handbook. Under the revised definition, body parts are still considered exposed if covered only by paint or another "non-fabric" substance.

The move came after years of lobbying from some Alberta burlesque performers who were frustrated with artistic constraints faced by being lumped into the same category as exotic dancers.

Raven Virginia, of Calgary's Garter Girls Burlesque, has been lobbying for the change for

six years. "It probably seems trivial to a lot of people, but when you're discussing equality and knowing your human rights

In the new definition, the exposure of female breasts is no longer considered nude.

Tatiana Laskovic

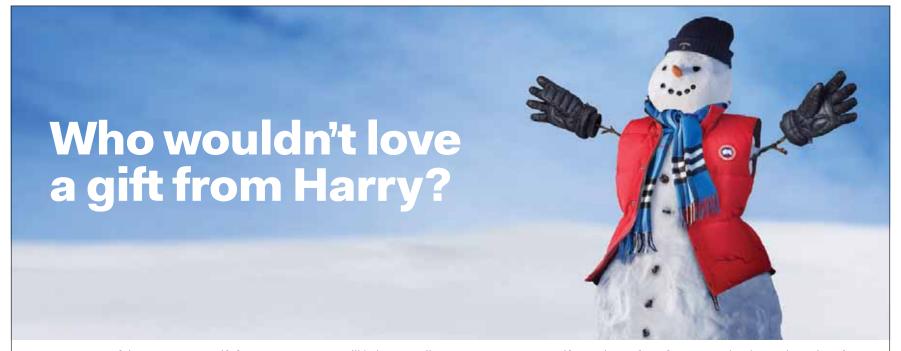
are being violated and having no opportunity to change ... it was exhausting," Virginia said.

'Today I think we're all very appropriately planning to burn our pastie bras.

Edmonton burlesque dancer Violette Coquette said the previous definition limited dancers choreography.

The new definition of nude doesn't mean burlesque performers will necessarily remove their pasties — but it's important they have that choice to do so, Coquette said.

"The whole point of burlesque is poking fun at sexuality," she said. "The rules were so archaic. This is a huge win."



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'Rural communities may be left in the wilderness'

CARBON TAX CONCERNS

Groups warn proposals will hit the isolated hardest of all

Groups are warning that Alberta's new climate change strategy will hit people who live in rural areas harder than people in cities.

The plan includes a carbon tax that the NDP government estimates will cost an average family about \$500 a year by 2018 and about \$960 by 2030.

Paige MacPherson of the Canadian Taxpayers Federation says many consumers will pay more to drive and to heat and power their homes. There will also be added costs for groceries and other goods, she says.

The changes will be felt more acutely outside of urban areas, she suggests.

"In rural Alberta there is no bus to take if you need to get your kid to daycare or you need to get yourself to work," she said Monday.

"Anything that needs to be transported across our province — the price is going to go up.'

MacPherson also suggested the planned phase-out of coalfired power plants will mean a loss of jobs and a shrinking tax base in small rural communities.

The federation bases its assumptions on a report it completed on the effects of British Columbia's carbon tax. The report, submitted to the B.C. government in 2012, determined that people in urban areas benefited by shifting their burden to people in rural areas and the suburbs.



Premier Rachel Notley unveils Alberta's long-awaited climate strategy in Edmonton Sunday but not all of the reaction to the plan has been positive. AMBER BRACKEN/THE CANADIAN PRESS

It also found the tax put more pressure on the agriculture, manufacturing and resource sectors.

Alberta's plan calls for rebat-

ing part of the money raised by the carbon tax — about \$3 billion in 2018 - to middleand lower-income families. The province says about 60

We may not have the ability to pass these costs on. It could ultimately have a negative impact on agriculture.

Al Kemmere

per cent of households will receive some kind of refund.

The NDP government is not expected to spell out exactly how it will spend the carbon tax until next year.

Environment Minister Shannon Phillips said as the government develops its policy, it will work to ensure that the tax doesn't have "detrimental economic effects.'

Al Kemmere, president of

\$3 billion

The estimated amount that the proposed carbon tax — a
centrepiece of Alberta's
new climate change
strategy — will be
bringing in by 2018.

the Alberta Association of Municipal Districts and Counties, said people in rural areas care about the environment. But the carbon tax could be a challenge for the farm economy.

"We are fuel users when harvest goes on and crops get put in, and we may not have the ability to pass these costs back on to end users.

"It could ultimately have a negative impact on the profitability of agriculture," said Kemmere, who represents 69 rural municipalities.

He hopes the government will ensure some money raised by the carbon tax will directly benefit rural areas.

Jack Mintz of the University of Calgary School of Public Policy said the \$3-billion levy is equivalent to bringing in a provincial sales tax.

"It is a pretty big tax. B.C. used the revenues to lower corporate tax rates and personal income tax rates. Alberta's revenues are going to be spent on transit, adjustment programs, energy efficiency," he said.

"It will hit more heavily people in rural areas."

Opposition Wildrose Leader Brian Jean said the plan could lead to dramatic power price spikes that businesses will pass on to consumers.

THE CANADIAN PRESS

OILSANDS OUTLOOK

Not all ready to endorse

Prominent members of both Big Oil and the environmental movement have given their blessing to Alberta's sweeping new climate change plan.

But as remarkable as it was for the likes of both oilpatch billionaire Murray Edwards, Canadian Natural Resources Ltd.'s chairman, and former U.S. vice president Al Gore, an outspoken advocate for tougher climate action, to back the plan, not everyone is singing its praises.

One of the biggest producers in the oilsands, Exxon-Mobil Corp.-controlled Imperial Oil, isn't ready to endorse the policy.

We are studying the announcements from the Alberta government to assess their impact on our existing operations and possible future projects in Alberta," Imperial spokesman Pius Rolheiser said in an email

He added any policy must "protect the competitiveness" of the oil and gas industry.

Among other things, the plan aims to cap oilsands emissions at 100 megatonnes annually. The plan also includes a \$20-a-tonne price on carbon emissions that will cover about 90 per cent of the economy in 2017. That price will increase to \$30 the following year.

In an interview Monday, Shell Canada's outgoing president Lorraine Mitchelmore — a vocal supporter of the policy — said the feedback she's heard so far from others in the industry has been "pretty positive."

"You'll never be able to get something that's unanimous, but when you take a leadership role because it's the right thing to do, you get many people behind you," she said.

THE CANADIAN PRESS

Doctors hail key changes but power industry is left in dark

Doctors lined up Monday to praise Alberta's decision to phase out coal-fired power, but companies that burn the coal to produce more than half the province's power were still in the dark about the plan's

Environment Minister Shannon Phillips appeared with officials from the Alberta Medical Association, the Alberta Lung Association, the Asthma Society of Canada and the Canadian Association of Physicians for the Environment. All pointed to a study suggesting respiratory disease from burning coal costs provincial health care \$300 million a year.

Power plants are responsible for about one-third of all the sulphur dioxide released in Alberta, said Dr. Joe Vipond of Physicians for the Environ-

"As soon as plants close down, we have a commensurate decrease in some of these pollutants," he said. "By focusing on these plants, we can make a huge impact."

But Phillips had few answers for the industry itself. She wouldn't say if there will be money set aside for a settlement with companies who are losing profits because of an early shutdown.

Talks have not begun, she said, but the government says that it has been in touch with many of the companies

THE CANADIAN PRESS



metr

NEWS

Hutterite colony shocked by boy's death

A 10-year-old boy killed at a Hutterite colony in Alberta had just finished cleaning up some hog barns and was driving a forklift on a gravel road when the machine toppled into the ditch, says his grandfather.

'He somehow looked back or whatever and got too close to the grading," Mike Stahl, manager of the Lougheed colony near Killam southeast of Edmonton, said Monday.

Joseph Stahl was pinned

underneath the forklift, he said.

Witnesses performed first aid but the boy had serious injuries and died at the scene.

The death comes as new legislation is being considered in Alberta for farm and ranch workers, although there are no details yet on how it might better protect children. RCMP said the boy, who died Saturday, was familiar with the forklift he was driving.

Stahl confirmed his grandson had operated the machine be-

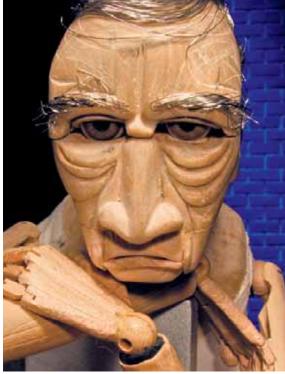
The province has released there have been eight other deaths on farms so far this year, including another child.

fore. He declined to talk further about Joseph, explaining that the community will be mourning in private.

He did say the boy's death has been a shock to the 80 people who live in the close-knit colony.

Everyone there knew his grandson, Stahl said.

Last month, three sisters were killed on their family's farm in west-central Alberta. Mounties said Catie Bott, 13, and 11-yearold twins Dara and Jana suffocated in a truck loaded with canola. THE CANADIAN PRESS



An image from Pisio's Haiku 5 gives off nightmarish vibes.

Stimulating the senses

SHORT FILMS

Calgary animator's series poetic, haunting



Jeremy Simes For Metro | Calgary

Lyle Pisio isn't exactly sure where his ideas come from when creating animated short films, though he's happy they arrive in the first place.

Pisio will showcase a short film series titled Haiku 1-10 at this year's GIRAF Festival of Independent Animation.

He said there's no common thread that connects the series. Rather, they're clips that experiment how sounds and visuals can be intertwined to stimulate the senses.

As a result, the Haiku series are poetic, haunting and beautiful, according to Peter Hemminger, co-programmer of GIRAF.

"There's a mood to all of (Pisio's) pieces," he said. "It's beautiful in the way that it was put together, and we really latched onto the musical side

In fact, Pisio teamed up with local musicians who crafted sounds to compliment his

videos. In Haiku 3, he sent one local musician some test footage of a bartender character he created.

As it turns out, the musician thought the clips deserved a rowdy melody, Pisio said.

"It's a noisy audio track that works really well as a nightmare sequence for this bartender character," he said, adding the bar surface itself becomes a character and, somehow, a spider manages to make a debut.

In another sequence, Pisio said one character is simply waiting for a phone call, as sounds of a snare drum echo.

"For a couple of pieces, I really wanted gritty guitar sounds," he said. "I told (collaborators) to spend about five minutes on their piece and not tune their guitar."

Hemminger said he thoroughly enjoyed the sounds in Pisio's Haiku series.

"Seeing how sound in (Pisio's) work was translated on screen was exciting," he said. "It was hard to pass up."



GIRAF begins Nov. 26 at the Globe Cinema and The Quickdraw Animation Society. Pisio's show will begin at 7 p.m. on Nov. 26 at the Globe Cinema.



Fiscal Grinch stealing our Christmas party season

HOSPITALITY

Bookings off considerably, according to event planners

Krista **Sylvester** For Metro | Calgary

It's not just oil companies feeling the pinch of the economy right now; the domino effect is sweeping through the city's hospitality scene for the Christmas party season.

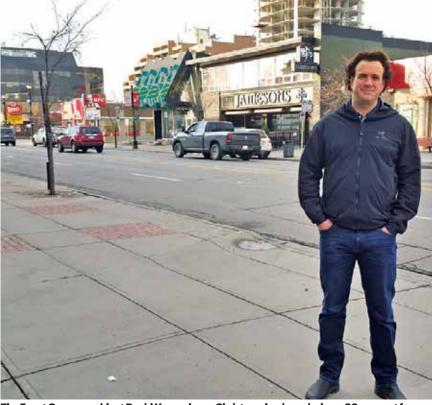
Usually this is one of the busiest times of the year for The Event Group, which normally would be planning a large number of Christmas parties for corporate clients, but this year business is down 80 per cent over last year, according to company president Dave Howard.

In fact, it's the worst year Howard has seen since starting the business in 1997.

'This is pretty much the worst Christmas season we've seen in Calgary.

'We have clients across Canada that it hasn't affected as much, but certainly in Calgary, it's quite dramatic," Howard

"People have certainly scaled way back and it's a big hit to us, and not only for us but the entire community including hotels, taxis, bars, bands, servers — it's a big hit for everyone right now."



The Event Group president David Howard says Christmas business is down 80 per cent from

their events completely or scaled them down by spending less on food and drinks or other cost-cutting measures, Howard added.

'Cost was a consideration,

respectful of that situation and it just didn't feel right to proceed at this time," she said.

Howard says it just makes sense that companies are scal-

and your shares took a hit and there are layoffs, it just makes sense that you can't spend a bunch of money on a Christmas party because the optics are quite bad.

The amount by which the TELUS Convention Centre alone has seen a drop in bookings for Christmas parties this season

"It's just a tough time for the entire community because of it," he added.

The Calgary Stampede recently announced the layoffs of five per cent of its full-time employees so it isn't surprising to hear they too are suffering the domino effects of less Christmas parties this season.

"We have definitely taken a hit and our bookings have gone down this year - but we've also seen people keep their bookings but making changes and downscaling to more economical options," Calgary Stampede spokeswoman Jennifer Booth said.

Mark Russell is a local bar owner, band member and band promoter who says the economy is really taking a huge chunk out of the pockets of those in the entertainment industry, especially over the Christmas season.

"As a business owner, people are still coming to the bar but they aren't drinking. If people aren't drinking they aren't tipping. This snowballs into our personal life as we rely highly on our tips," Russell says.

"As a band and band promoter, ticket sales are taking a plunge. We have to work twice if not three times as hard to get people to the shows.

'À lot of our supporters have been laid off over the past month."

SCHOLARSHIP

On the **Rhodes** to success



Andrea Ross Metro | Edmonton

Three University of Alberta students have won one of the world's most coveted scholarships, an honour one says he never dreamed would happen.

Billy-Ray Belcourt, 21, is one of the recipients of the 2016 Rhodes scholarship for study at the University of Oxford. He is the first ever indigenous person in Canada to receive the scholarship.

Belcourt is originally from the Driftpile First Nation, north of Edmonton. When he applied for the scholarship, he detailed his lived experience as an indigenous person who faced family violence. Belcourt said his grandfather was a residential school survivor. In high school, a friend of his was murdered.

"It wasn't something I ever thought was in arms' reach," Belcourt said of the scholarship. "I grew up on and off the reserve, raised by my grandparents in a single-income home, and my graduating class was 20 people.

"I was arguing indigenous people shouldn't have to live in the face of death in these kinds of ways because of our indigenousness."

Belcourt expects to complete his bachelor's degree in comparative literature in 2016 before starting a master's degree at the University of Oxford next fall.

At Oxford, he plans to research how colonialism has contributed to increased rates of HIV in indigenous populations in Canada.

Carley-Jane Stanton and Zia Saleh are the other two scholarship recipients from the U of A, and are among the 11 Canadian students who have been named 2016 Rhodes scholars.



nesses have either cancelled

Event Group president David Howard

cancel its Christmas party is Enmax, and company spokeswoman Doris Kaufmann Woodcock says while it was a tough decision, it was the right de-

but this is a challenging economic climate and we offer essential services to people who have been affected so it was really a question of being

ing back right now.
"If you're a public company

This is pretty much the worst Christmas season we've seen in Calgary. It's quite dramatic.

🛑 IN BRIEF

Rihanna to play Calgary

Pop superstar Rihanna will bring her new world tour to Calgary next spring.

The tour, dubbed the Anti World Tour, will launch Feb. 26 with 70 shows all over the globe.

Calgarians will be treated to their Anti-World fix April 21, 2016 — a day after the show in Edmonton.

The show will be at the Scotiabank Saddledome, and tickets will go on sale via livenation.com starting Dec. 3. METRO STAFF

Women keep toes warm

A group of women who call themselves Working Together for Fun have collected 4,000 pairs of socks since October.

The women donated the socks to the Drop-In Centre Monday afternoon.

"Once again I'm overwhelmed at the generosity of people who have supported our collection of socks for the Drop-In Centre," says spokeswoman Heather Forsyth. "It is heartwarming to know we'll be keeping so many toes warm." METRO STAFF

Smash 'n' grab in Marwayne

Two culprits — one in a Guy Fawkes Mask — used a truck to smash into a grocery store in Marwayne, Alta., earlier this month.

RCMP say it happened at 2 a.m. on Nov. 9 at D&D Groceries. The two took fireworks and cigarettes before

The make and model of the pickup truck is unknown but the truck has a broken right tail light.

Anyone with information is asked to contact Crime Stoppers. METRO STAFF

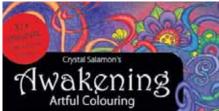


METRO ADULT COLOURING CONTEST

OLOUR YOUR CALGARY

It's time to sharpen your pencil crayons, Calgary. Each week until the end of the year, Metro Calgary, and partners Nikon and the Camera Store, give you a chance to win two seats to the Dec. 31 game between the Flames and Kings. This week's contest closes Monday, Nov. 30 at noon. ILLUSTRATION COURTESY CRYSTAL SALAMON/FOR METRO







Valley art ist and instructor, extreme sport en-

thusiast, Crystal Salamon

of two busy boys and a passionate advocate for colouring's ability to inspire

Awaken your creative spirit and inner child with 37-plus hand-drawn designs in Crystal's book, Awakening: Artful Colouring. Purchase at crystalsalamon. com and at select Calgary and area stores, including Mona Lisa Artists' Materials, Yogadotcalm, Swinton's Art Supplies, Heritage Park and Bluerock Gallery. Join her on Facebook.



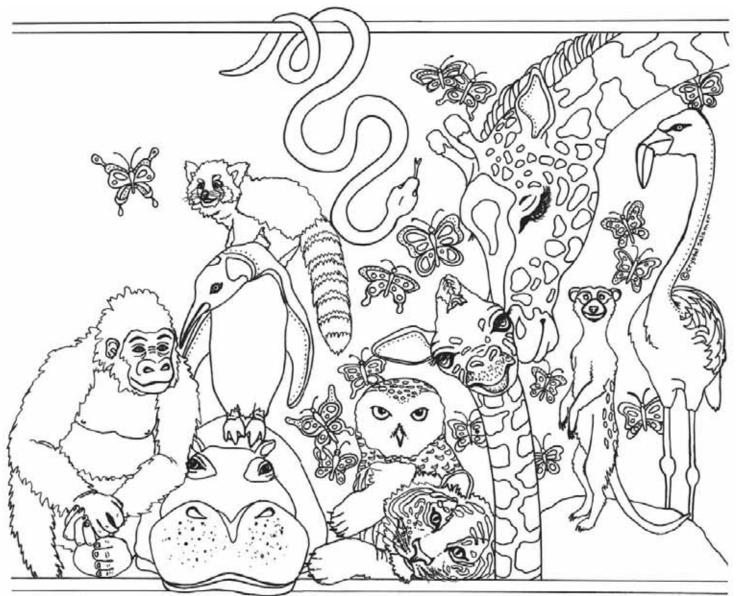
THE RULES

First Name: Last Name: Phone Number: Email:

No purchase necessary. Contest open to Alberta residents 18 years of age or older. Odds of winning depend on the number of eligible entries and calibre of entries received. Coloured entries to be dropped off in-person during business hours: The Camera Store (802 11th Ave. S.W.) or Metro Calgary (110, 3030 3rd Ave N.E.). Winners will be drawn weekly from Oct. 19 to Dec. 21, and one (1) grand prize will be awarded on Dec. 22.

Approx. retail value of the grand prize is \$400. Full contest closes Dec. 20, 2015, at 11:59 p.m.

For complete contest rules, visit clubmetro.com/ Calgary.





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Calgary Stampeders outgoing head coach John Hufnagel loads his vehicle after Sunday's loss

Stampeders look to next season

FOOTBALL

Players to use time off to reassess and recharge

Candice Ward For Metro | Calgary

It was not the way the Calgary Stampeders wanted to end their Grey Cup defending season and it showed on Monday as the team cleaned out their lockers and said goodbye for the year.

For players like quarterback Bo Levi Mitchell, the off season will be a time to recharge and develop into an even stronger force out on the field.

"I'm just going to watch all the film I can, rewatch all the games, find out what it was that I didn't do right in the games that we lost and how I can transition that into playing better in those games,' said Mitchell.

"Maybe drop some weight and try and run as much as the other guys are running.

Aside from working on his game, Mitchell will also be getting married on New Year's Eve.

For other players, their future with the Calgary Stampeders will be up in the air during the off season.

League-leading receiver Eric Rogers will be heading home to Anaheim, Calif., this week to train, but says he's interested in testing out the waters with the NFL teams.

For free agent and long-time Stampeder Keon Raymond, he said he'll worry about his roster spot another day and that time with the family is among the first things on the list, including a trip to Disney World.

"I am still a little heartbroken over this loss, so I got to patch up my wounds a little bit, let the chips fall where they may," said Raymond.



I'm just going to watch all the film I can, rewatch all the games. find out what it was that I didn't do riaht.

Bo Levi Mitchell, Stampeders quarterback

Ward borders face revisions



Brodie Thomas Metro | Calgary

Calgary councillors voted in favour of sending back the recommended ward boundary changes for some tweaks before approval.

After heated debate over the boundaries, much squabbling and a promise not to dip politics into the proposed changes, councillors voted in favour of a referral motion from Mayor Naheed Nenshi to send the map back to administration and tweak it in accordance to city policy on population.
"I think giving administra-

tion a month or two to sort this out is probably the prudent way to go," said Nenshi.

The vote was a close one, with eight in favour and seven against the move - which rejects the independent work done by the Ward Boundary Commission.

Administration won't have long to adjust the boundaries. The bylaw must be ready by April or May of 2016 to allow



Coun. Joe Magliocca supported the independent commission's report. METRO FILE

the returning officer time to advertise changes.

Councillors had several concerns about the commission's final submission, the main one being projected population growth. But the divide between urban and suburban was also

Speaking before the meeting, Coun. Gian-Carlo Carra said the final scenario missed the mark in that balance.

"I think my extreme concern

(...) is that the final proposal takes every urban voice in the city and consolidates it to two wards. You're going to have two councillors clearly representing urban interest but you're going to have 12 representing an suburban voice.'

In a tweet, Coun. Joe Magliocca said he supported the commission's suggestions and added that boundary decisions should not be political.

WITH FILES FROM HELEN PIKE

Mayor thankful Uber halted



Helen **Pike** Metro | Calgary

After a court injunction against Uber drivers in Calgary passed Friday, the ride-sharing company has effectively halted operations and turned its oncebusy app into a driver desert.

Mayor Naheed Nenshi is thankful Uber has ceased operations in Calgary until regulation can be brought forward.

"I appreciate them doing that actually," said Nenshi at a press conference on Monday. "The injunction was very,

very clear that they were continuing to break the law, and rather than wasting more taxpayer money on enforcement the fact that they're willing to wait until the law can regulate them is a good action on their part," he added.

On Saturday morning the app, which many Calgarians hailed as a saving grace in cheap transportation, stopped displaying available drivers and instead replaced the once-busy map of Calgary with a message:

Service Temporarily Suspended. An Alberta court has ruled against Calgary Uber drivers. Effective Nov. 21, you will no longer be able to request an uberX in Calgary.'

The group also sent a message to users underlining that during their short window of operation, partners helped "over 40,000 Calgarians" get home safely.

Nenshi added the whole process has been a confusing roller-coaster, with Uber asking members to speed up the process, and then councillors to slow it down in one fell swoop.

"Uber can squawk all they want, we're moving forward with the regulations that will allow them to operate in a safe matter," Nenshi said.

Council eyes rising drone use

Coun. Jim Stevenson raised concerns Monday over what might happen if a drone carrying a pizza — were to land on his neighbour's Lexus.

During question period, Stevenson asked if council has any jurisdiction over the unmanned aerial vehicles (UAVs), as their popularity is skyrocketing. He questioned whether the city needs to update bylaws to accommodate business and public use of this technology.

We're seeing quite an increase in drones, and they're very sophisticated and a lot



Drones are growing in popularity. THE CANADIAN PRESS FILE

lower price, so a lot of people are buying these for taking pictures for the events that they're having," said Stevenson. "Of course, companies are using drones for surveying their construction sites, or maybe their competitors' construction sites."

The city's solicitor, Glenda Cole, Q.C., said although she's not sure about what grounds the city has to enact bylaws about drones, she has had numerous questions about them from various business units.

Cole added the city is looking into the issue and will provide a report to council.

Currently, regulations on drone flights are controlled by Transport Canada.

HELEN PIKE/METRO CALGARY



that's 'left behind'



Gilbert Ngabo Metro | Toronto

Some refugee advocates are concerned the plan to resettle 25,000 Syrian refugees could leave behind the most vulner-

Government is reportedly working on fast-tracking only women, children and families, excluding any single male applicants. Details of the plan are scheduled to be released Tuesday, but it is believed the new measures stem from security concerns.

It is the only way to proceed given the "rushed" deadline pending over the Justin Trudeau government, following his promise during the campaign, said Toronto immigration lawyer Guidy Mamann.

"Children, women and families are a much lower-risk demographic than young men," he said, adding most recent terrorist attacks were "typically" carried out by young, single men.



When you decide to do something fast, you're not going to do it well.

Toronto immigration lawyer Guidy Mamann

The issue, however, is that this selection could disqualify male refugees "just because they happen to be single," said Mamann, who has provided legal assistance to refugees from around the world for nearly 30 years.

"When you decide to do something fast, you're not going to do it well," he said, adding the project was initially ill-conceived and is prone to be ill-executed.

"I have no doubt there will be millions of Syrian refugees left behind who are better qualified than the 25,000 we're taking in."

Samir Mourani, executive director of RefugeAid, said such a plan would be understandable if it was just about prioritizing family applicants. To completely freeze out single males is "unfortunate," he said.

"They could be extremely vulnerable. Maybe they are on disability or they are being persecuted for the wrong reasons," he said.

"That's not something they chose. It's a result of the conflict. It really shouldn't be based on marital status."

The group Feds to screen all refugees before they come to Canada

RESETTLEMENT

Plan to use 'several layers of security' to ensure safety

The federal government will screen all 25,000 Syrian refugees for security concerns or health issues before they board planes for Canada, Torstar News Service has learned.

A government source said Monday that "100 per cent" of the screening will take place before refugees board charter and military aircraft to come to Canada in the coming weeks.

It ends speculation that portions of the screening process would be done on Canadian soil, after Public Safety Minister Ralph Goodale told reporters screening could take place both abroad and at home.

Furthermore, the Liberal government believes they can accomplish that screening while making good on their campaign promise to bring in 25,000 Syrian refugees by the end of the year.

And the most vulnerable groups - including women and children, families and LGBTQ populations - will get priority.

'Õur priority has always been around addressing the most vulnerable people, and

We're looking for space. We're putting in place what we can to make sure that as people arrive, that there is accommodation.

Ontario Premier Kathleen Wynne

that's still the priority," Health Minister Jane Philpott, who leads the cabinet committee on the resettlement effort, said Monday afternoon.

Ottawa also intends to launch a website encouraging Canadians to donate or volunteer to aid in the refugee resettlement, something Immigration and Refugees Minister John McCallum has called a 'great national project."

On Tuesday, McCallum and

Philpott will roll out the details of the resettlement plan.

McCallum briefed his provincial counterparts on the logistics of the plan on Monday, assuring them that the federal screening process was rigorous.

"He didn't get into the specifics other than to indicate there will be several layers of security that are accomplished even before they arrive in the country," Manitoba Premier

Greg Selinger, in Ottawa for a First Ministers' Meeting, told reporters.

Saskatchewan Premier Brad Wall, who last week released an open letter urging Prime Minister Justin Trudeau to take more time to accomplish the goal, said most of his concerns have been addressed.

At the same time, the Department of National Defence has been busy making room for refugees at a number of bases, as well as winterizing facilities to house the refugees. It's not known which bases will host the refugees, although CFB Trenton in Ontario and CFB Valcartier in Quebec are likely candidates. TORSTAR NEWS SERVICE







At the Canadian Forces Base in Kingston, Ont., people are transforming several barracks that are intended to house Syrian refugees coming to Canada. THE CANADIAN PRESS

Newcomers won't threaten housing market: Experts

25,000 people may sound like a lot of bodies to house, but by the time the Syrian refugees settle in permanent housing, no one would even notice, say housing and settlement experts.

In Ontario, for example, — which is expecting 10,000 Syrians — roughly 2,500 housing units would be required considering most refugees will come as families and live under one roof, according to University of Toronto urban planning professor David Hulchanski.

"Ontario has about 1.3 million rental housing units. The refugees will be in temporary housing (in military bases) and we'll have housing counselors to help them," said Hulchanski, who specializes in housing, neighbourhood and community planning issues.

Many Canadians may be struggling to find affordable housing — and the social housing waiting list is long, but it

The Canadian housing market vacancy rate, which has increased from 2.8 per cent in 2014.

doesn't mean the arriving refugees cannot be accommodated in Canada's housing market, where the vacancy rate has increased to 3.3 per cent from

In Toronto alone, there are some 500,000 rental units on top of the 140,000 units in the 905 regions — making up almost 30 per cent of the 1.3 million rental stock in Ontario, Hulchanski said.

"We have a vacancy rate of about 2 per cent. Housing may not be cheap and it may be difficult for everybody to find a good, quality place. But the impact will be small," said Hulchanski. TORSTAR NEWS SERVICE



How much space would 25,000 refugees fill?

The number doesn't seem too daunting when compared to the capacity of some well-known sports and entertainment venues.

- 54,000: Rogers Centre
- 24,000: Tim Hortons Field
- 19,800: Air Canada Centre TORSTAR NEWS SERVICE

metr

NEWS | Canada Tuesday, November 24, 2015 **13**



Prosecutor Mark Holmes, right, looks on as Gerald Donohue testifies via video in an artist's sketch at the Mike Duffy trial in Ottawa, Monday. GREG BANNING/THE CANADIAN PRESS

Donohue questioned

Former consultant testified via video link

Was Gerald Donohue an unqualified consultant who made roughly \$20,000 for using Google, talking to Sen. Mike Duffy on the phone and cutting cheques to sub-contractors?

Or was the ailing Ottawa-area man a well-meaning, highly experienced former union and broadcasting executive who was executing legitimate Senate contracts?

Those are the two pictures emerging at Duffy's fraud, breach of trust and bribery trial, which has waited seven months to hear the details of the unusual Senate contracts with Donohue.

He suffers from failing kidneys, heart failure and diabetes and can testify for only a few hours a day, a few times a week, via video link.

This delayed his appearance several times over the course of the trial. Six of the 31 charges against Duffy are linked to \$65,000 in Senate contracts awarded to Donohue between 2009 and 2012.

But there were a few very odd things about the contracts. For one, the money went to two companies owned by Donohue's wife - he was never an employee of the firms, nor did he ever have cheque signing authority.

More importantly for this trial, Donoĥue paid out tens of thousands of dollars to service providers who did work for Duffy — such as a makeup artist, speech writers and an intern.

Donohue testified that his company kept between \$19,000 and \$22,000 — he wasn't exactly sure of the amount. He said he did some research on the Internet on the aging population for Duffy and would give the senator his opinion on things like website content and the proper length of a speech. He never set foot on Parliament Hill.

THE CANADIAN PRESS



😑 IN BRIEF

N.W.T. heads to the polls

Voters in the Northwest Territories head to the polls today for a general election.

Low commodity prices and unsettled land claims have hurt the resource-driven economy, while demands have been rising for social and infrastructure spending.

The N.W.T. and Nunavut

Chamber of Mines have also expressed serious concerns about access to land, saying that 30 per cent of the territory is already closed to ex-

Under the territory's consensus form of government, candidates run individually instead of under a party banner.

Lobbyist gets house arrest, \$ 396K fine

A prominent Ottawa lobbyist and federal Liberal party strategist has been sentenced to house arrest and fined \$396,259 for tax evasion, the Canada Revenue Agency says.

Herb Metcalfe was given a conditional sentence of two years less a day, including 12 months house arrest, plus the fine, which equalled the taxes

Metcalfe is a co-founder of Capital Hill Group, a well-

known lobbying firm. The firm said he has left the company.

"Herb is no longer involved with the Capital Hill Group or its operations," account manager Joanna Carey said in an

"We continue to move ahead with business as usual.

Metcalfe pleaded guilty in the Ontario Court of Justice to a single count of tax evasion after a revenue agency investigation.

The court was told that Metcalfe received payments and benefits from 2002 to 2006 totalling \$1,366,411 that he did not report on his personal income tax returns.

The revenue agency said Metcalfe prepared his returns each year by hand, and knew or was wilfully blind to the fact —that the income he received was required to be reported on his returns and was taxable. THE CANADIAN PRESS



Metcalfe has long been a senior Liberal strategist and adviser and was prominent in the party's inner circle.

He worked on Stephane Dion's successful leadership campaign in 2006.

Earlier he was campaign chair for Liberal John Man-

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Neil Young endorses Liberal government

are delighted with

the change that

Neil Young

Music icon Neil Young has declared that "Canada is back" now that a Liberal government has taken charge in Ottawa.

"I'm very happy," said the 70-year-old Canadian who has lived in California for years.

The singer-songwriter was

in Vancouver on Monday to debut his high-resolution audio player and online store, under the Pono-Music brand, in

he's received **very positive news.** oilsands. He held a many emails and phone calls from Canadian friends revelling in

the new government of Prime Minister Justin Trudeau. Obviously people are delighted with the change that has taken

place. It's very positive news." He wished the newly minted cabinet well on the same day provincial premiers were meeting in Ottawa to discuss a national strategy on climate change, an issue he has also championed.

He said he's hopeful officials will take different action than the former Conservative government, but then said corporations have more money and power than governments.

"So really, it's up to the people

to take the situation into their own hands," he said, explaining that consumers have buying power and can change the world through their habits.

"The politicians really don't have the power to change the

Young has been a long-time environmental crusader and stirred **Obviously people** controversy last year when he used his celebrity status nada. Young said has taken place. It's to amplify oppos-ition to Alberta's cross-country tour

to get Canadians talking about First Nation treaty and environmental issues. Young later partnered with environmentalist David Suzuki and spoke out against oil pipelines.

Young reflected with optimism on Alberta's new carbon tax introduced by Premier Rachel Notley. On Sunday, Notley announced the province will also phase out coal-fired power plans and cap emissions from the oilsands.

"The carbon tax is capitalism working," Young said, heralding it as a mechanism for slowing down the release of carbon into the atmosphere. "Anything that does that is a good thing. THE CANADIAN PRESS



Neil Young says Alberta premier Notley's carbon tax is "capitalism working." DARRYL DYCK/THE CANADIAN PRESS



Prime Minister Justin Trudeau sits with various Canadian premiers as they listen to a question being asked during an information session at the first ministers meeting at the Museum of Nature Monday. ADRIAN WYLD/THE CANADIAN PRESS

Leaders meet ahead of climate summit

PM, premiers talk national strategy and reputation

The advent of new leadership in Ottawa and Alberta will allow Canada to shed its international reputation as an environmental pariah, premiers asserted Monday as they arrived for their first formal meeting with a prime minister in nearly seven years.

Premiers praised Justin Trudeau's willingness to take national leadership on the climate change file at next week's United Nations climate summit in Paris.

And they applauded Alberta Premier Rachel Notley for unveiling Sunday a climate strategy that includes a hard cap on greenhouse gas emissions from the oilsands, which have been labelled "dirty oil" by international critics, including U.S. President Barack Obama, and have become a symbol of Canada's alleged environmental neglect.

British Columbia Premier Christy Clark said the international focus on the oilsands has obscured measures provinces have been taking to combat climate change, including B.C.'s carbon tax which she labelled the best in the world.

"We have had a black eye for a long time on environmental

Our country needs a serious effort in rebranding on this theme of climate change and energy.

Premier Philip Couillard

issues and we have not deserved it," she said.

'But now we're getting a chance to show the world really what we've been doing all these years and I think they'll be a little bit surprised.'

The first minister's meeting is not expected to produce any new national target for reducing

emissions or policies for achieving it. It is aimed more at demonstrating a new tone in the run-up to the Paris summit.

Within 90 days of the summit, Trudeau has promised to hold another first ministers conference to hammer out a national climate strategy.

At that point, the prime minister will have to mediate conflicting demands from premiers over how to disperse the billions he's promised in federal funding to help provinces reduce their carbon footprint.

But the potential for a squabble over money didn't dampen premiers' enthusiasm Monday for finally having a federal partner in the fight against climate change. THE CANADIAN PRESS

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metr

NEWS | World

Tuesday, November 24, 2015 **15**

Web users get frisky with Belgian police

What police force would start playing along with a practical joke when the capital is facing its highest state of alert and its most-wanted fugitive is still on the run? Right! This is surreal

Belgium.

Late Sunday, police asked people to stop commenting on ongoing raids in social media to avoid tipping off suspects.
En masse, they did more

than that, becoming mischievous within minutes.

The hashtag #BrusselsLock-down suddenly shifted from serious to humorous, tweeting a flood of pictures of all-too-in-

nocent cats in all kinds of situations — holding their paws up as if captured, posing as police snipers with automatic weapons, and ignoring police warnings to stav away from windows.

Within hours, federal prosecutor Eric Van Der Syp said police wanted to thank "social media users because they took the need of this operation into account.'

Police joined the party on Monday, posting a picture of a dish overflowing with dry cat food labelled "For the cats that came to our aid last evening. Serve yourself! #BrusselsLock-THE ASSOCIATED PRESS



Belgian police posted a bowl of cat food to their Twitter account. AFP/GETTY IMAGES

IN BRIEF

U.S. attacks 283 ISIL oil **trucks over weekend** Accelerating its attacks on a

critical source of income for the Islamic State of Iraq and the Levant, the U.S. military said Monday it destroyed 283 tanker trucks used by the militants to transport oil. THE ASSOCIATED PRESS

Clarification regarding female-bombers story

The file photo of students in Tehran published with a story about female suicide bombers in Metro's weekend edition was taken in 2006 The published caption contained incomplete information. THE ASSOCIATED PRESS

Street cleaner finds bomb vest in rubble

Paris

Device likely defective, not tossed out of doubt: Expert

A street cleaner in a Paris suburb found an explosive vest similar to those used in the Paris attacks on Monday near the place where a suspect's mobile phone had been found, raising the possibility that he aborted his mission, either ditching a malfunctioning vest — or fleeing in fear.

The discovery of the vest came as Belgium's prime minister cited a "serious and imminent" threat justifying keeping the highest alert level operational for at least another week. The security measures have severely disrupted normal life in the capital.

In France, police said the explosive vest was found - without a detonator — in a pile of rubble in Chatillon-Montrouge, on the southern edge of Paris and a considerable distance from the sites of the attacks on the Right Bank of the Seine to the north. A police official later said the vest contained bolts and the same type of explosives as those used in the Nov. 13 Paris attacks.

The device was found Monday in the same area where a cellphone belonging to fugitive suspect Salah Abdeslam was located on the day of the Paris at-



French soldiers patrol on Monday in front of the Eiffel Tower, lit in the colours of the nation's flag in tribute to the victims of the Nov. 13 attacks on the capital. LUDOVIC MARIN/AFP/GETTY IMAGES

tacks, but the vest has not been formally linked to him, said two police officials who spoke on condition of anonymity.

Belgium-based terrorism expert Claude Moniquet, who has been in contact with both Belgian and French investigators since the attacks, laid out two possi-bilities: that Abdeslam became afraid of carrying out a suicide mission or, more likely he says. that he simply ditched a defect-

ive explosive vest. Nervousness could have played

a role in concocting a defective vest, but he said he doubted fear played a role. Among followers of the Islamic State of Iraq and the Levant (ISIL), "it is rare not to go to the end." Moniquet said this was only theory since he had not yet spoken to investigators

about the explosive vest.

A manhunt is underway for Abdeslam. He crossed the border into Belgium after the attacks. with French police stopping and interviewing him before letting him go. THE ASSOCIATED PRESS

TRAVEL ALERT

Americans should be alert to possible travel risks, the State Department warned Monday. A travel alert, in effect until Feb. 24, said current information sug-gests that militants with ISIL, al-Qaida, Boko Haram and other terrorist groups continue to plan attacks in multiple regions.



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Black Friday came early this year.

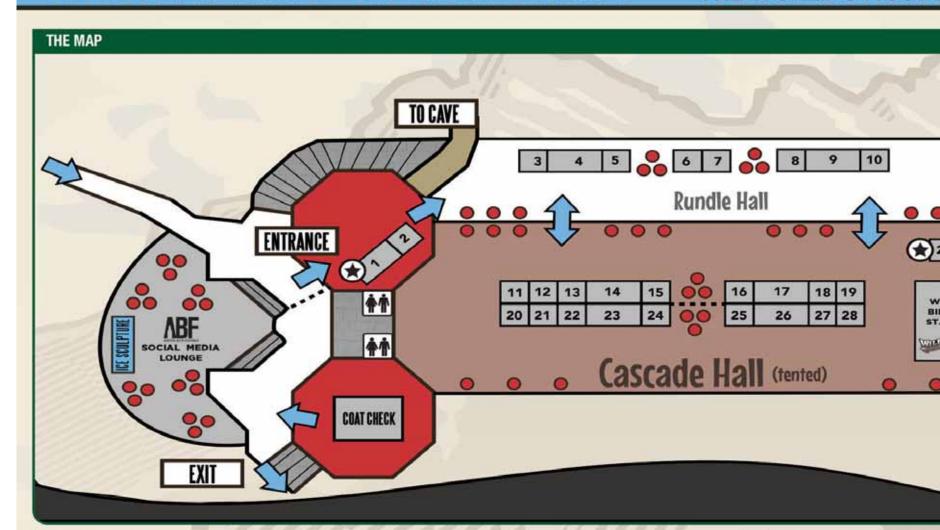
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VIP: 3:00PM to 10:00PM - GA; 4:00PM to 10:00PM



CAVE AND BASIN

1 &	29	SAMPLE TOKEN SALES	15	 RIBSTONE CREEK BREWERY
2		INFORMATION	16	 TROUBLED MONK BREWERY
3		WILD ROSE BREWERY	17	 EDDIE BURGER & BAR
4		1888 CHOP HOUSE	18	 BLINDMAN BREWING CO.
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AFTER THE FESTIVAL

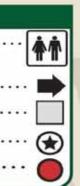
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18 Tuesday, November 24, 2015

Number of Japanese war dead honoured

at the Yasukuni shrine in Tokyo, including war criminals

World | metr

NEWS

Prisoner torture ongoing

Bahrain's security forces have tortured detainees held in the years following the island nation's 2011 protests despite a government promise to stop such abuses, according to a

new report released Monday. The Human Rights Watch report on Bahrain corresponds with accounts of abuse provided by Amnesty International. It comes as Bahrain announced the seizure of explosives and weapons it links to Iran, while stripping convicts of citizenship.

The Human Rights Watch report is based on testimony offered by 14 people, who described being physically assaulted while in custody. Several said they suffered electric shocks and sexual abuse, while others described being hung in painful positions or exposed to extreme cold. THE ASSOCIATED PRESS



CRIME

Pub planning led to \$21M London jewel heist A daring Easter weekend

break-in to a vault in London netted gold, platinum, jewelry and cash val-ued at roughly \$21 million, a prosecutor said Monday. Philip Evans said the complex caper — hatched at a series of Friday night pub sessions — was the "largest in English legal history." THE ASSOCIATED PRESS

Nepalese protests after three killed in clashes

Protesters on Monday defied a curfew and demonstrated in south ern Nepal where at least three people were killed in clashes between police and Madhesi protesters.

Blast rocks contentious **WWII shrine in Tokyo**

Memorial has been focus of Chinese and **Korean critics**

An explosion Monday damaged a public restroom at a controversial shrine in Tokyo that honours Japanese war dead, with police suspecting

foul play. No one was injured. The Yasukuni shrine, which honours 2.5 million Japanese war dead, including executed war criminals, has been the target of criticism from China and South Korea, which suffered from Japan's Second World War atrocities.

Tokyo police said in a statement that they received a call about an explosion and smoke at Yasukuni. They said they suspected a "guerrilla" attack, implying some kind of sub-versive activity, but declined to elaborate.

Firefighters were also called to the scene and found the ceiling and walls of the rest-room had been damaged, said an official at the Tokyo Fire Department, who spoke on condition of anonymity. But the fire was out by the time

It was unclear what caused the explosion, but a timing device and wirings were found near the spot of the explosion, according to Kyodo News service. Police will be reviewing footage on security cameras for clues. Footage showed a bomb squad in protective gear

entering the shrine premises.

The person in charge of media at Yasukuni was not immediately available for com-

The shrine is a focal point for lingering tensions with Japan's neighbours over the

country's aggression before and during Second World ided the Japanese public, it holds emotional significance

War. Some Japanese lawmakers have insisted on making official visits in the name of patriotism, while other law-makers say such visits glorify Japan's historical mistakes.

Emperor Aki-hito has not visited Yasukuni. Prime Minister Shinzo Abe has also

avoided making official visits over the last two years. While views on the shrine have div-

for some because during the war, soldiers promised each other they would reunite at

Yasukuni if killed. The shrine has a grandiose gate, giant cherry trees and a museum that pays homage to those who died in Japan's wars, including kamikaze

pilots. Many families and tourists visit Yasukuni.



A police officer stands guard at the Yasukuni shrine in Tokyo, Monday after an explosion in a toilet at the memorial site. KOJI SASAHARA/THE ASSOCIATED PRESS



Tragedy puts spotlight on jade mines

ΜΥΔΝΜΔΡ

Industry under fire after 113 workers killed in landslide

Soldiers, police and volunteers pulled body after body from the rubble Monday, as the death toll from a landslide near several jade mines in northern Myanmar reached at least 113, a local official said. More than 100 others were missing.

The collapse early Saturday in Kachin state's mining community of Hpakant was the worst such disaster in recent memory. The corpses were taken to a morgue, where friends and relatives broke down as they identified the victims. There were stacks of

unidentified bodies wrapped in blue plastic tarps.

Kachin is home to some of the world's highest-quality jade, and the industry generated an estimated \$31 billion last year, with most of the wealth going to individuals and companies tied to Myanmar's former military rulers.

The accident occurred at a 60-metre-high mountain of earth and waste discarded by

several mines. Earlier, officials said the dead were mostly men who were picking through the waste and tailings in search of pieces of jade to sell.

Nilar Myint, a township administrator, said that by Monday the death toll had reached 113, with more than 100 missing. "Local people in town are getting angry, because there are just too many bodies," she said.



Excavators search for bodies of miners as workers gather Sunday in Myanmar. ELEVEN MEDIA GROUP/THE ASSOCIATED PRESS

Go Further

U.S.

Police puzzled by playground chaos

Authorities are still trying to determine what touched off a shootout between two groups of gunmen that wounded 17 people in a crowded New Orleans park, a police spokesman said Monday.

The mayor called on witnesses to come forward, but by late Monday morning nobody had offered either video of the shootout or descriptions or IDs of the gunmen, officer Frank Robertson said. None of the injuries are believed to be life-threatening. Robertson did not know how many people were hospitalized or any details such as their ages.

Hundreds of people were gathered Sunday evening at Bunny Friend Playground — most for a block party and some for the filming of a music video — when two groups in the crowd opened fire on each other, police said.

Police were on their way to break up a big crowd there when gunfire erupted at the park in the city's 9th Ward, the police said in a statement.

Mayor Mitch Landrieu called on people who were in the park to come forward with information. "At the end of the day, it's really hard to police against a bunch of guys who decide to pull out guns and settle their disputes with 300 people in between them. That's just not something you can tolerate in the city," Landrieu said.

Ten people were taken to hospital in ambulances, and others went in private vehicles, police said. Photos of the scene showed emergency workers wheeling some of the wounded on gurneys while others lay on the ground.

As many as 500 people could have been in the park when the shooting happened, Police Chief Michael Harrison said.

Police spokesman Tyler Gamble said Sunday that neither the block party nor the music video crew had a permit to use the playground.

Harrison told WDSU-TV that the shooting might have been gang-related. THE ASSOCIATED PRESS



Officials remove a man after the shooting in New Orleans Sunday. MICHAEL DEMOCKER/THE ASSOCIATED PRESS

🛑 BURUNDI

Obama imposes sanctions on ringleaders of violence

U.S. President Barack Obama is imposing sanctions against individuals in Burundi the U.S. says are contributing to violence in the African nation.

Among those targeted by the asset freeze and visa restrictions are Burundi's minister of public security and a leader of the country's national police.

Burundi has been racked by violence since April when President Pierre Nkurunziza announced he would seek a third term, sparking street clashes and a failed coup. At least 240 people have been killed. THE ASSOCIATED PRESS

Kidnappers hunted after convictions in Philippines

Philippine police said Monday they were pressing on with a manhunt for about 30 kidnapping suspects after three Muslim militants were convicted of the 2011 abductions of an American woman, her teenage son and a Filipino relative.



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Children stand behind a police barricade outside the Radisson Blu hotel in Bamako, Mali, Saturday, following a killing spree at the hotel Friday. THE ASSOCIATED PRESS

Mourning

Two terrorist groups claim responsibility for attack

Mali began a three-day mourning period with flags flying at half-staff on Monday for victims of the assault on a luxury hotel full of foreigners, a day after a dueling claim of responsibility emerged.

The Islamic extremist group, Al-Mourabitoun, that first claimed responsibility for Friday's assault, issued a new audio recording identifying the two gunmen, according to a Mauritanian news site that often receives messages from Malian extremists.

The group said the two were the only assailants in the attack that killed 19 people. Initial reports from witnesses and officials suggested there could have been as many as 10 gunmen. The bodies of only two gunmen were recovered from the scene.

The recording from the Al-Mourabitoun (Sentinels) group identified the gunmen as Abdel Hakim Al-Ansari and Moadh Al-Ansari, Al-Akhbar said in an article posted online Sunday. No nationalities were given, though the name "Al-Ansari" suggests they were both Malian.

Meanwhile, a different extremist group that emerged only this year also issued a claim of responsibility for the attack.

We must stand with the victims' families.

Makan Konen

The claim, reported Sunday by French media, underscores the shifting alliances and memberships of the extremist groups operating in Mali and nearby countries.

The new group, the Macina Liberation Front, is active in central Mali and said it had worked with yet another militant group, Ansar Dine.

The claim said the attack was in retaliation for Operation Barkhane, the regional French fight against Islamic extremists, according to Radio France Internationale.

France's Defence Ministry on Monday provided new details of French support during the siege, describing in a statement how 40 French special forces arrived in Bamako at 3 p.m. and helped Malian forces move floor by floor.

On Monday morning, the national flag outside Prime Minister Modibo Keita's office was lowered to half-staff.

We are aware that the country is in crisis and we must stand with the victims' families," said Makan Kone, a spokesman for Keita, adding that the ceremony was "to show our pain for the death of 19 people.

THE ASSOCIATED PRESS





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Lawsuit launched

CIVIL LIBERTIES

Boy arrested after bringing clock to school seeks \$15M

Attorneys for the 14-year-old Muslim boy arrested after taking a homemade clock to his Texas school say he was publicly mistreated and deserves \$15 million.

A law firm representing Ahmed Mohamed sent letters Monday demanding \$10 million from the city of Irving and \$5 million from the Irving Independent School District. The letters also threaten lawsuits and seek written apologies.

Ahmed took his clock to school in September, and an educator thought it could be a bomb. Ahmed was arrested but never charged. He was also suspended from school. The family accepted a foundation's offer to pay for Ahmed's education in Qatar and has moved to the Persian Gulf country.

Messages left for Irving's city attorney and the district weren't returned Monday.

THE ASSOCIATED PRESS



Ahmed Mohamed's lawyers seek apology, money from city, school board. THE ASSOCIATED PRESS

Suicide bombers stopped at checks

Searches

Bombers have detonated

explosives when stopped for searches that have

become routine in parts of

where suicide bombings have become near-weekly

Nigeria and Cameroon

tragedies.

Female suicide bombers killed 12 people over the weekend in Nigeria and Cameroon, officials said Monday of the attackers who were stopped for routine searches. All five bombers also died, but they could have killed many more people.

Police who blamed Boko

Haram said one girl detonated explosives strapped to her body Sunday evening at a military checkpoint guarding an entry to Nigeria's northeastern city of Maiduguri.

Police commission. er Aderemi

Opadokun said the girl killed herself and seven other passengers who got off a bus to be searched. A dozen people were injured.

It was the first bomb in a month in Maiduguri, birthplace of Nigeria's homegrown Islamic extremists whose six-year-old insurgency has killed about 20,000 people and driven 2.3 million people from their homes.

Soldiers at entries to Mai-

duguri make people get out of vehicles 500 metres from their checkpoints and advance with hands raised above their heads.

In Cameroon, Communications Minister Issa Tchiroma Bakari said four teenage suicide bombers crossed into the country from Nigeria on Satur-

day and were approached by selfdefence civilian fighters in the border town of Fotokol.

"When member of a local vigilante committee made to stop them, one blew herself up, killing five members of a family,"

he said. "On hearing the explosion, soldiers fired into the air to frighten (any attackers). The three others panicked and detonated explosives tied round their bodies, but they only killed themselves.

The routine searches and checkpoints in place are believed to have prevented the suicide bombers from killing even more people. THE ASSOCIATED PRESS

LIBERIA

U.S scientists to probe new Ebola outbreak

Two experts from the U.S. Centers for Disease Control and Prevention are going to Liberia to determine the cause of new Ebola cases confirmed last week, two months after the country was declared free of Ebola transmission for a second time, a Liberian health official said Monday.

Liberia requested U.S. assistance after three new cases were reported on Friday, said Dr. Francis Kateh, the country's chief medical officer and acting head of Liberia's Ebola Case Management System. One case is a 15-year-old boy from Monrovia, who officials initially said was 10 but now say is 15. The boy's father and brother also have tested positive and have been taken to the same treatment centre along with his mother and two siblings.

More than 150 people have been identified as potentially at risk of contracting the disease in connection with the new cluster of cases. THE ASSOCIATED PRESS



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Parents rail against hair-tangling toy

They're a popular toy for kids, but some parents are seeing red over Bunchems, a toy many say is getting tangled in their children's hair.

Bunchems are colourful balls that can be stuck together to build pets, bugs and other creations.

"A Toy Spawned From the Darkest Depths of Hell" is how one father described the toy in a scathing Amazon review, after he said he spent two hours trying to remove them from his daughter's hair.

"Buy this toy for someone if you hate them or their child," Ethan Benoit wrote on Sept. 6. "They bring pain and misery, tears, fighting, broken and ripped hair, and questions of one's sanity in handling life in general.'

Ärlene Biran, vice-president of marketing at Spin Master, the company behind Bunchems, said Bunchems are only intended to be linked to other Bunchems.

The Bunchems packaging and directions clearly state:



Bunchems, a nominee for activity toy of the year in the 2016 Toy of the Year Awards.

WWW.TARGET.COM

'Caution: Keep away from hair. May become entangled.' We recently changed the colour of the warning to make it even more identifiable when opening the packaging."

Bunchems are recommended for children aged 4 to 9.

After hearing about the hair tangles, Spin Master released a video on YouTube at youtu. be/S41FjIpPJTo on how to remove them from hair by using conditioner and vegetable oil. TORSTAR NEWS SERVICE

Nestle admits its workers are abused

SEAFOOD SUPPLIERS

Company vows to pursue solutions aggressively

Impoverished migrant workers in Thailand are sold or lured by false promises and forced to catch and process fish that ends up in global food giant Nestle SA's supply chains.

The unusual disclosure comes from Geneva-based Nestle SA itself, which in an act of self-policing planned to announce the conclusions of its year-long internal investigation on Monday.

The study found virtually all U.S. and European companies buying seafood from Thailand are exposed to the same risks of abuse in their supply chains.



Nestle is not a major purchaser of seafood in Southeast Asia but does some business in Thailand, primarily for its Purina brand Fancy Feast cat food. JOHN RAOUX/THE ASSOCIATED PRESS

Nestle SA, among the biggest food companies in the world, launched the investigation in December 2014, after reports from news outlets and nongovernment organizations tied brutal and largely unregulated working conditions to their

shrimp, prawns and Purina brand pet foods.

The labourers come from Thailand's poorer neighbours Myanmar and Cambodia. Brokers illegally charge them fees to get jobs, trapping them into working on fishing vessels and at ports, mills and seafood farms in Thailand to pay back more money than they can ever earn.

Sometimes, the net is too heavy and workers get pulled into the water and just disappear. When someone dies, he gets thrown into the water,' one Burmese worker told the non-profit organization Verite commissioned by Nestle.

"I have been working on this boat for 10 years. I have no savings. I am barely surviving," said another.

Nestle said it would post

the reports online — as well as a detailed year-long solution strategy throughout 2016 — as part of ongoing efforts to protect workers. It has promised to impose new requirements on all potential suppliers and train boat owners and captains about human rights.

THE ASSOCIATED PRESS

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Pfizer and Allergan deal sparks outcry

A \$160-billion deal announced Monday to merge Pfizer and Allergan and create the world's biggest drug company renewed the outcry in Washington over "inversions," in which U.S. corporations combine with companies overseas to lower their tax bill.

The combination — the second-largest merger in history - could have ramifications around the globe, pushing up drug prices and spurring more such deals in the fast-consolidating health-care sector and other fields.

It is also increasing the election-year backlash from U.S. politicians who have been blasting drugmakers recently over medicine prices that can exceed \$100,000 a year.

In what would be the biggest inversion ever, New York-based Pfizer could save hundreds of millions in U.S. taxes annually because it would move its tax headquarters to Ireland, where Allergan is based. That would enable Pfizer to slash its tax rate from around 25 per cent this year to about 18 per cent. THE ASSOCIATED PRESS

AUTO

Ford recalls midsize cars

Ford is recalling nearly 452,000 midsize cars because the gas tanks potentially can leak fuel.

The recall covers certain 2010 to 2011 Ford Fusion and Mercury Milan sedans built in Mexico from July 21, 2008, through March 4, 2011.

Dealers will inspect the valve and fuel tank for leaks and replace them if needed. They'll also update the powertrain control module software.

Nearly 34,000 of the cars are in Canada. THE ASSOCIATED PRESS

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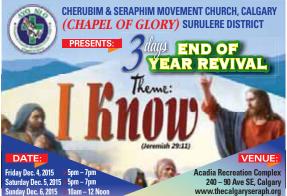
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METEWS

Your essential daily news

Tuesday, November 24, 2015

EMMA TEITEL: ON THE PARIS CLIMATE TALKS

Whether our government changes its policies in any meaningful way regarding the oilsands or any other environmental issue, how much does policy matter in combatting climate change if people, by and large, do not give a damn?

On Monday, Trudeau met with Canadian premiers to discuss a problem most people (myself included) either ignore completely or lament for 30 seconds before changing the subject to more current, pressing matters.

That problem is climate change, the alleged End of Days brought to you by selfish, insatiable mankind. Trudeau will attend the climate change conference in Paris next week, but before he sets off, he'd like to showcase Canda's newfound environmental fervour to the wider world.

Of course not much has changed in the short time the PM has been in office; for now the Liberal government will pursue the same emission reduction targets proposed by the Conservatives under Stephen Harper. However, Trudeau has promised another climate change meeting with premiers 90 days after the Paris talks, at which more robust goals may be set. After all, Trudeau renamed the Ministry of the Environment the Ministry of the Environment and Climate Change, which many maintain was a deliberate and powerful attempt at battling climate change denial.

Minister Catherine Mc-Kenna wants incentives
— and disincentives — for climate change plans. And yet, whether next week's Paris talks and subsequent meetings with premiers are

Some advice for Trudeau's new Ministry of the Environment and Climate Change: Less Inconvenient Truth, more Day After Tomorrow. fruitful — whether in fact, our government changes its policies in any meaningful way regarding the oilsands or any other issue pertaining to the environment — one has to ask: How much does policy matter in combatting climate change, if people by and large do not give a damn about it?

editorial board argued that the Greens' inability to "catch fire may lie more in public doubts about their policies or fitness to govern than any unfairness in the system." (Party leader Elizabeth May argues the Greens are routinely shafted by the country's electoral process).



NOT SCARY We need a bit more fear-mongering about climate change, or ambitious targets to cut emissions will lapse as badly as people with grand plans to use a green bin, Emma Teitel writes. TORSTAR NEWS SERVICE

Unless you are a selfavowed environmentalist, chances are you do not think at length about melting ice caps and sinking cities worlds away. This doesn't mean you don't think these things are important; it means, much worse, that they don't scare you.

In fact, just over half of Canadians believe climate change is man-made — which is to say just over half believe we can do something to curtail it. And there's a big difference between declaring belief in a problem and changing your lifestyle or voting habits to curb that problem.

It's interesting that despite 32 years in politics and a charismatic high-profile leader, the Green Party has not inspired significant interest from the general public. Before the federal election, the National Post

There may be some truth to this theory, but isn't it far more likely that Canadians do not pay much attention to the Greens or the governing party's climate change plans because we perceive climate change as a far, faraway problem, scary only if you are in possession of impeccable foresight? It could be argued that the Green Party is a lot like the green bin: You know should give it a try, but you never get around to it.

The exceedingly lame climate-change joke — "Where is global warming when you need it?"— is all the rage on a sub-zero winter's day in Canada. And though it is just a joke told by many well-informed Canadians who would never question the veracity of climate change, there is a kernel of heartfelt resignation at its core. When your knuckles

are dryer than the Sahara because it is freaking freezing outside and you've got a hundred and one things to do before dinner, you will not prioritize a global problem with no definitive solution that will affect you either in old age, or (better yet) in the grave. This isn't human avarice; it is human nature.

Which is why I'd wager that the only way world leaders and activists can change human perception of climate change, in addition to public policy, is through a healthy dose of fear-mongering. In fact, political fear-mongering, a tactic used in this country to prejudice us against a small minority of nigab-clad women, is actually prudent in the fight against climate change, a material threat that, unlike the others mentioned, will wreak havoc in our land.

Yet public rhetoric and activism around the issue seems to always appeal to the alleged nature lovers in us. Save the polar bears; preserve Canada's beauty; reduce, reuse, recycle. Some advice for Trudeau's new Ministry of the Environment and Climate Change? Alter your tone: less Inconvenient Truth, more Day After Tomorrow; less "Kumbaya," more FernGully: The Last Rainforest.

Scare us and scare us good, because if people can't find time to care about the fate of Mother Nature, they will always find time to care about their own.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

YOUR RIDE

Don't weep for Uber: If you break rules, you get kicked out

Jeremy Klaszus



Don't waste your tears on Uber. Yes, the service is sleek. Yes, it makes the taxi industry look like a horse-and-buggy operation by comparison. Yes, Calgary needs more transportation choices.

Even so, Uber had it coming when it effectively got shut down in Calgary by a temporary court injunction last week.

Let's recap: As the California-based ride-share company has done countless times elsewhere, Uber came to Calgary and flouted local rules.

The city warned people against driving for Uber, as doing so would break the Livery Transport Bylaw. The company basically countered that it was outside the rules, that Uber operates in a so-called "unregulated space."

Uber made noises about working with the city to update regulations, but clearly the two parties haven't been on the same page.

Now, just over a month after the service launched here, Calgary is Uber-less once again. (The injunction prohibits Uber drivers from operating in Calgary until at least Dec. 17, when there will be a hearing.)

It's tempting to view this latest development as an example of the city screwing over Uber and its many enthusiastic customers. But really, Uber did itself in. The company is no victim.

Uber knowingly broke the rules and handled relationships poorly — and now there's a consequence. Is this really surprising?

Perhaps the company should have focused on courting the mayor and council instead of W. Brett Wilson.

Wilson, an entrepreneur, embodies the company's brazen approach. He took it to satirical levels when he announced earlier this month that he would give the Calgary Public Library \$100,000 — if city council reformed its by

Do we really want our city council making decisions based on such dubious antics?

If council approves Uber, it should do so because it's good for the people of Calgary — not because a local celebrity demands that elected officials do things his way.

Nenshi has repeatedly said he wants to be sure Uber drivers are properly insured before they operate here. That's very reasonable.

All that said, the city should have modernized its regulations long ago. Cab companies are part of this mess, as they have long resisted change and competition. But none of this gives a company the right to do whatever it pleases. Popular or not, Uber needs to play by the rules.

Jeremy Klaszus is a freelance journalist and stay-at-home-dad. He tweets @klazsus.



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metrælike



Your essential daily news

Over 600 babies in Japan wriggled to the finish line in the world's largest crawling contest on Monday

Strategize your holiday eating

HEALTH

Fight excess through moderation, mindfulness

Devon Scoble

It's January 1st and you're hungover, bloated, and one cookie away from total self-loathing; you'd be lost if not for those resolutions you're definitely starting tomorrow.

If that sounds familiar, then "why not fix it before you break it?" and start your New Year's resolutions today, asks The UnDiet Cookbook author Meghan Telpner.

"It might not be 100 per cent, but you're exploring your options so that when the holidays come you already have a sense of moderation."

Home is where the heart and hips are healthiest

A November 2014 study published in Public Health Nutrition found that people who frequently cook at home "consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all."

While you're at it, Telpner suggests batch-cooking healthy soups, stews and sauces.

Stock your freezer so you can alternate future festive fare with wholesome home cooking.

Flavours worth savouring Multiple studies show that mind-



Thinking about New Year's eating resolutions? Why not start early and approach the holidays with more moderation? ISTOCK

ful eating — paying attention to the experience of dining — helps reduce caloric intake.

"If we help ourselves to a delicious sweet, we should really appreciate its colour, its shape, and the time and energy that went into making it," says naturopathic doctor Leslie Solomonian. Follow this approach and you'll not only eat less — you'll enjoy more.

Healthful holiday mind games

Many of us of alleviate stress by

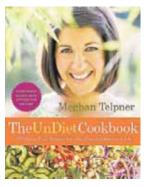
consuming, says Solomonian, especially around the holidays.

Each time you reach for a treat, she suggests asking your-self "what is it that I'm thinking or feeling now? Am I genuinely hungry or am I feeling bored? Or angry? Or worried?"

Practice now before the emotional intensity of the season ramps up.

"It's not just about diet and exercise," reminds Telpner, "but also the mind."

Seeking moments of quiet, or exercising — which benefits





It is not just about diet and exercise, but also the mind.

The UnDiet Cookbook author Meghan Telpner

body and mind — will also help you manage temptations and frustrations.

Kindness is key

Compassion is essential to breaking the cycle of excess and denial, says Solomonian, and can be practiced in many ways. Focusing on positive behaviours—eating more vegetables, enjoying more outdoor exercise—is more satisfying than simply eliminating "bad" habits.

Occasional overindulgence isn't the worst thing either, so don't beat yourself up if you do go overboard. Just down a big glass of water and remember that a balanced life is the gift that keeps giving.



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🛑 HERE'S WHY

Equivalent — contains as much fat

as 5 McCain Deluxe Pizza Pockets

Pesto may seem like a lighter option than a

creamy Alfredo, but the main ingredients

are oil and cheese, which accounts for the

excess calories, fat and saturated fat. While

pesto should be used more sparingly than a

traditional sauce like Alfredo, we often add

way more pesto then necessary. Though oil

is heart healthy, it's not hip healthy! So enjoy

the creamier sauce this time around and keep

the pesto for adding a dollop over your foods.

THIS WEEK: Olivieri Pasta Sauces

The sauce you pour over your pasta makes the meal. While most of us don't always have the time for homemade sauce, there are fresh store-bought options that even the most traditional Italian grandmother will approve of! Olivieri sauces are made without artificial ingredients or colours and are found in the refrigerated section of your grocery store. They can be microwaved and leftovers can be frozen. Fettucine Alfredo sauce might seem like the option to skip, due to the creamy texture, but take another look:





Olivieri Olivieri Classic **Alfredo Pesto** Sauce (1/3 cup) (1/2 cup)

Fat 13g Saturated fats 8g Sodium 450mg

SKIP THIS



Basil & Cheese

Calories 540 Fat 54g Saturated fats 10.5g Sodium 1080mg

Cookbook shares tips on creating plantbased staples

Nicole Axworthy and Lisa Pitman grew tired of scrutinizing food labels to ensure products adhered to their vegan diets.

They decided the only sure bet was to steer away from the store and towards the kitchen to customize their own homemade plant-based cuisine.

"I think one of the biggest things that we see in the food industry is the overabundance of processed foods and fast foods," said Axworthy.

"We really wanted to break it down and make it simple for people. And show people that it's easy, that you can still enjoy nachos and mac and cheese and cereals and all those things with basic ingredients."

The Toronto-based pair feature 135 recipes for everyday food staples free of animal byproducts in their new cookbook DIY Vegan (St. Martin's

The cookbook offers a com-



Clockwise from bottom left: Date and Fig Cashew Cheese, Spicy Jalapeno Cheese, Cultured Nut Cheese and Cheddar Cheese. HANDOUT/THE CANADIAN PRESS

prehensive breakdown of vegan pantry essentials including natural sweeteners; oils and fats; nuts; dried fruits; vinegars; oats, quinoa and millet; and flours derived from almond, buckwheat or chickpeas.

Vegan from scratch

Once the pantry is stocked, readers can start off with the basics such as making their own dairy-free milks and cheeses, broadening into breads, dressings, sauces, seasonings and condiments, and rounded out by comfort foods like mac and cheese, pizza and desserts

With the holiday season coming up, some individuals hosting dinners may be unsure of what to prepare for vegan guests.

One thing that the host can do is just make some easy substitutions. For example, replacing the butter for vegetable-based oils, or putting the cheese on the side for people who want it ... or replacing the chicken broth with vegetable broth."

Cashew-based cheeses teamed with crackers would be "an awesome holiday appetizer," Axworthy added. THE CANADIAN PRESS

29TH YEAR

DIAGNOSED WITH

PSORIASIS?

Consider participating in a psoriasis research study

area is seeking people who have been diagnosed with psoriasis to participate in a 2-year study. The goal of the study is to learn whether taking Stelara® (ustekinumab) followed by an investigational drug (abatacept) can help control psoriasis.

If you are between the ages of 18-65 and have been diagnosed with psoriasis for 6 months or longer, you may be eligible to

pausestudy.org







OFFBEAT WORKOUTS TO KEEP YOU MOVING ALL WINTER

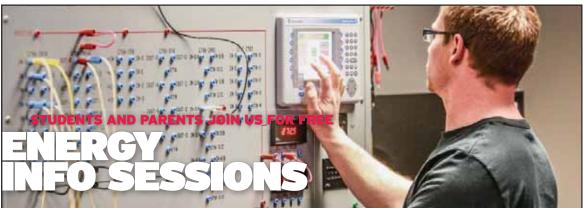
Baby, it's cold outside! While the weather is frightful these five fitness trends are delightful. Metro has rounded up some indoor workout options to keep your blood pumping this winter. From swimming and scrambling, to "serving all this, swerve, surfing all in this good, good" like Beyoncé sings.



Workout wave of the future

Surfset Toronto provides a form of fitness that's totally radical. For those looking to hang 10 - or just lose 10 pounds—the gym offers lessons atop moving surfboards that recreate the feel and challenge of surfing.





Choosing the program that's right for you is a big decision. That's why SAIT Polytechnic offers information sessions - your golden opportunity to discover your program options, ask questions and sometimes, tour our campus.

Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca. Here are just a few we're offering today:

ELECTRICAL ENGINEERING TECHNOLOGY

Get wired for a bright future. The Electrical Engineering Technology program offers comprehensive study in electrical and electronic theory, technical mathematics and computers, and report writing and drafting. As an Electrical Engineering Technologist you'll manage electrical energy from renewable and conventional energy sources and will be able to work on the power systems for a city, industrial plants or residential homes. Join us on Tuesday, November 24 at 7:00 pm in Room KA336 in the Johnson-Cobbe Energy Centre. Call 403. 284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

ENVIRONMENTAL TECHNOLOGY

Want a career that really makes a difference? Environmental Technology combines a laboratory orientation with a broad theoretical background to provide you with the skills you'll need to work in the lab or in the field. As an Environmental Technologist you'll work in the protection, conservation and preservation of our natural environment. Many of our graduates go on to complete a bachelor degree at Royal Roads University.

Join us on Tuesday, November 24 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre. Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.



Footloose and fancy free

If all else fails and there's always Prancersise, a musical combination of prancing and ankle weights.

If you're having trouble visualizing what a rhythmic horse's gait might look like, check out John Mayer's music video for his 2013 single Paper Dolls, which features Prancersise's creator Joanna Rohrback showing off "a prance to romance to."



Obstacle courses

At some point, as you slog your way through thigh-deep mud, scramble under barbed wire or try to scale a very high wall you might stop and wonder just where your fitness plan got so off track. Obstacle courses like Tough Mudder have taken off in recent years and Toronto's 10,000 squarefoot indoor training centre Pursuit OCR now offers yearround access to a course.



Being Beyoncé

If booty popping and sassy walking is more your speed, Toronto-based actor and drama instructor Nicky Nasrallah teaches classes featuring Beyoncé's dance routines so everyone can learn how to run this world like



Slipping into a mermaid suit and swimming across a pool might sound like something out of a fairy tale, but some consider it serious fitness. Halifax, Ottawa, Toronto, Winnipeg, Calgary, Vancouver are all home to their very own mermaid swimming school where patrons who are willing to shell out the cash can get an aquatic workout.





Jolie Pitt is all about menopause

Ehrbar Metro | Hollywood

It turns out Angelina Jolie Pitt — who has never shied away from talking about anything, even a double mastectomy - has found a new facet of womanhood to promote and take the stigma away from, and it's the change.

"I actually love being in menopause," the 40-year-old actress and director tells the Telegraph.

And if you think 40 is a bit young, she explains that her surgeries to prevent ovarian and breast cancer caused physical changes that triggered it earlier than might otherwise have happened.

"I haven't had a terrible reaction to it, so I'm very fortunate. I feel older and I feel settled being older. I feel happy that I've grown up. I don't want to be young

We get it, Angie. There isn't anything out there you can't be cool with.



K-Fed disses Beyonce's looks

When sports blog Terez Owens tweeted about Beyoncé and Jay Z attending the Canelo vs. Cotto boxing match in Las Vegas this weekend, noted exhusband of Britney Spears Kevin Federline decided it was the perfect opportunity to offer his unsolicited opinion about Bey's features. "She looked Botoxed," he tweeted. "So sad when a beautiful woman chops and screws her face up with Botox and surgery," followed by "#sawface." HOLLYWOOD

Will RiRi drop album on Tidal?

Rihanna fans have been speculating about when her next album will drop for months, and it seems that the wait may soon be over. Twitter is abuzz saying she will release a new album this Friday exclusively on Tidal and then release it on iTunes Dec. 4. With Apple Music courting celebrities such as Drake and Taylor Swift — both of whom dropped their albums early on the music service - it would be a bold move for Rihanna. The album which will be called Anti will be Rihanna's first album since 2012's Unapologetic and will include her three current singles — FourFive Seconds, B— Better Have My Money and American gen. EMILY LAURENCE/

> METRO NEW



Angelina Jolie Pitt in By the Sea. The 40-year-old actor/ director says she "loves" being in menopause. HANDOUT

Game of Thrones teases with poster

Ned **Ehrbar** Metro | Hollywood

Just when all that silly speculation about whether or not Jon Snow is alive on Game of Thrones had finally started to die down, HBO has to go and revive it all anew.

A tantalizing new poster for the hit show's sixth season shows a monochromatic close-up image of Snow (Kit Harington) with his face pointing downward and splattered with red blood.

It doesn't necessarily say

he's alive, but it at least suggests he'll play a role in the new sea-

But we'll have to wait an exceedingly, annoyingly long time to find out what's ing on, as the poster's lone, concrete piece of information

the word "April"



JOHANNA SCHNELLER WHAT I'M WATCHING

Afterlife bad news for The Leftovers

THE LEFTOVERS, SEASON TWO, EPISODE EIGHT (HBO)

Kevin Garvey (Justin Theroux) wakes up in a bathtub and slithers out, naked and

Because he died at the end of episode seven, we know this must be, if not the afterlife, an afterlife. (If you haven't watched The Leftovers, put this down and go watch.)

For we devotees, this is a Significant Moment. It means that Kevin survives, which is good news. But it also means that, in the universe of this show, there's an afterlife.

To me that's bad news. Until now, there's always been one big mystery with no solution — one October day, many people on earth suddenly disappeared — plus countless little mysteries that those left behind have created in reaction to the big one.

But the little mysteries always had earthly explana-



Kevin Garvey's death could have been a moment to explore mortality. But no.

tions. The show meted out details until they were solved, and the collective "Ohhh" you heard echoing through the televerse was earned. Mulling over episode six (which I did a lot this week — one pleasure of not binge watching), I'd decided there was a sad grandeur to Kevin's killing himself. He'd always struggled to continue living in a "normal" way, to resist the lunacy around him, to solve the mysteries.

Then he bought into one, to the extent that he believed he could return from death. For a few minutes we viewers held our breath. When he died, this realization washed over me: "You bought in, too! Madness is contagious! How brilliant!"

I thought his death had meaning because it illuminated something about being mortal. But no. There's an afterlife now. Sigh.



MBA GUIDE SPONSORED CONTENT

Haskayne courses designed to suit you

Whether you want commit to an intensive, full-time master of business administration (MBA) program or require a part-time offering to suit your busy lifestyle, the University of Calgary's Haskayne School of Business has an option for you, says its associate dean of graduate programs.

"The Daytime MBA program allows students to complete their degree in a shorter period (20 months) than the Evening MBA (three years)," says Michael Wright. "Daytime students who are not working have more time to attend industry events, do an exchange program in the summer and develop deeper connections with their cohort.

"The Evening MBA program, meanwhile, is geared towards those who wish to combine their studies with work. The advantage to this is students are able to apply what they are learning to their workplace and continue to earn an income while completing the MBA"

Additionally, daytime students attend

classes five days a week. Those in the Evening option, meanwhile, attend class two evenings a week and partake in one intensive week every semester.

In both options, says Wright, students can expect to expand their skill set in all areas of business, including finance, marketing, accounting, strategy and human resources, and to develop their networks.

"It provides an unparalleled opportunity for students to advance their careers, gives professionals an extraordinary edge in advancing to leadership positions and exposes students to a network of outstanding professors, business professionals and peers," he says.

If the Corporate Knights 2015 Better World MBA ranking is any indication, the Haskayne School of Business MBA formula is working. The program was ranked third in Canada and fifth in the world.

An important factor, says Wright, that sets it apart from other programs is the School's

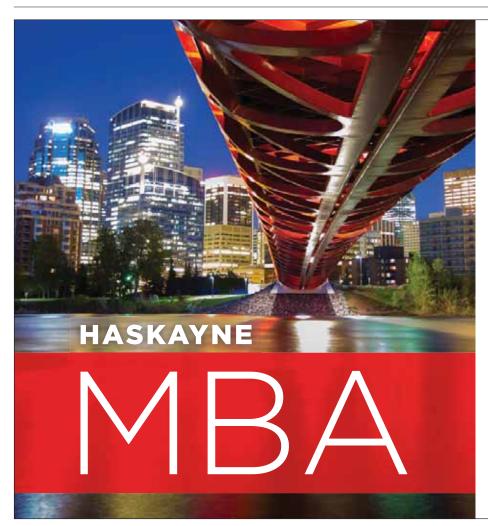


A team of Haskayne MBA students helped create a marketing plan for the United Way.

location.

"Calgary is a major centre for business and entrepreneurial activity in Canada," he says. "It has the second most corporate head offices in Canada. Students will benefit from our strong connection to the business community."

The School offers five MBA specializations: global energy management and sustainable development, entrepreneurship and innovation, finance, marketing, and project management. It also facilitates executive MBA, combined MBA, thesis-based MBA and accelerated program options.



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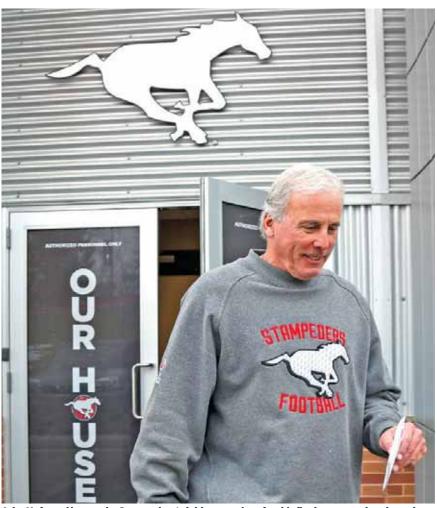
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Ranked among the top five **BETTER WORLD MBAs** by *Corporate Knights*.



Sharks goaltender Martin Jones was named the NHL's first star of the week after going 3-0-0 with a 1.63 GAA and a shutout

Hufnagel leaves behind legacy



John Hufnagel leaves the Stampeders' clubhouse a day after his final game as a head coach.

64-year-old to stay on as GM, Dickenson to be new head coach

Aside from the wins, John Hufnagel's legacy as head coach of the Calgary Stampeders will be seen on the sidelines of Sunday's Grey Cup in Winnipeg.

Edmonton Eskimos head coach Chris Jones was Hufnagel's defensive co-ordinator from 2008 to 2011.

Ottawa Redblacks coach Rick Campbell was Jones's successor in Calgary in 2012 and 2013. Campbell also coached the Stampeders' running backs

The CFL is sprinkled with men mentored by Hufnagel. He is stepping aside after eight years as head coach of the Stampeders, but will continue as general manager in 2016.

B.C. Lions offensive co-ordinator George Cortez filled the same role for Hufnagel in 2008 and 2009. Cortez was head coach of the Hamilton Tiger-Cats in 2012.

Saskatchewan Roughriders defensive backs coach Tony Missick spent four seasons in that job in Calgary. Jones, Cortez and Missick won Grey Cups with Hufnagel.

'You look at all the guys who have coached under Huf, they're all very good coaches and for good reason because they've learned from him how

to be professionals, how to handle the role and how to handle your players professionally and with respect," Stampeders quarterback Bo Levi Mitchell said Monday at McMahon Stadium.

Sunday's 45-31 loss to Jones and the Eskimos in the West Division final marked the end of Hufnagel's coaching tenure in Calgary.

His successor is another disciple. Dave Dickenson, Hufnagel's offensive co-ordinator for the last five seasons, takes over in 2016.



I'm sure there will be things that I miss, but there's going to be a lot of things I enjoy in the realm of the general manager job.

John Hufnagel

Hufnagel steps away from the Stampeder sideline with a 102-41-1 regular-season record. This season, the 64-year-old from Coraopolis, Pa., became the second-fastest coach in CFL history to 100 career wins behind Wally Buono.

Hufnagel coached the Stampeders to Grey Cups in 2008 and 2014 and another appearance in 2012, as well as seven appearances in the division final.

The Stampeders played 69 regular-season games under Hufnagel without suffering back-to-back losses, which is a Canadian pro football record.

"I had a blast for eight years,' Hufnagel said. "Especially the last four, the professionalism that the players brought to work each and every week was such a big part of them being able to win a lot of games.

"I'm sure there will be things that I miss, but there's going to be a lot of things I enjoy in the realm of the general manager job. I'm still going to be here on game day. The adrenalin flow, I'll still have on game day. Hopefully I can help prepare the team as best I can sifting in the general manager chair.

Dickenson did not speak to reporters Monday. A team spokesman said the team's position was Hufnagel is still head coach and GM until after Sunday's Grey Cup.

But Dickenson addressed the Stampeders as head coach for the first time during Monday's locker cleanout.

Dickenson was given the awkward title of assistant head coach to start the 2014 season, which was an indicator of Calgary's succession plan. Hufnagel said the time was right to make the transition.

"Continuity is important," Hufnagel said. "Dave is an excellent football coach. He's a very smart man, a smart football coach. He just needs to have some good luck, good fortune and hopefully I can help him.'

Reilly and Eskimos look to make it 10 straight wins

Mike Reilly and the Edmonton Eskimos head into the Grey Cup on quite a roll.

Edmonton chalked up its ninth straight win Sunday with a 45-31 victory over the Calgary Stampeders in the West Division final. That earned the Eskimos a berth in the CFL championship game against the Ottawa

Ottawa comes into the Grey Cup having won five straight but had its trouble this season against Edmonton. The Eskimos swept the season series 2-0, outscoring the Redblacks 69-29 although one victory was by a 46-17 margin and both contests were played in July.



Adding to the total

• Edmonton will make its 25th Grey Cup appearance and chase its 14th championship, first since 2005.

· Ottawa won nine Grey Cup titles as the Rough Riders before ceasing operations following the 1996 season.

Ottawa will see Reilly on Sunday for the first time this season. Backup Matt Nichols got both previous starts versus the Redblacks, as Reilly was sidelined with a knee injury suffered in Edmonton's seasonopening loss to Toronto in Fort McMurray, Alta.

Edmonton weathered the storm during Reilly's absence, posting a 6-3 record following the starter's injury. In fact, the Eskimos' first two wins of the season came in sweeping the home-and-home series with

But Edmonton has been un-

beatable since Reilly's return as the starter in September. That includes two pivotal victories against Calgary that gave the Eskimos the season series and ultimately tops in the West Division after both teams finished with identical league-best 14-4

Reilly has enjoyed another solid CFL season, completing 214 of 329 passes (65 per cent) for 2,449 yards with 15 TDs and 10 interceptions. Reilly also ran for 324 yards on 66 carries (4.9-yard average) and scored two TDs.

Reilly was impressive Sunday versus the defending-champion Stampeders at Commonwealth Stadium. He completed 31 of 39

passes for 370 yards and three TDs while also running for 30 yards and two touchdowns on seven carries.

Edmonton was pretty good away from Alberta, finishing tied with Calgary for the CFL's best road record (6-3). The Eskimos and Stampeders also had identical 6-2 records in head-to-head matchups versus East Division competition.

THE CANADIAN PRESS



30 Tuesday, November 24, 2015 metr#sports

Olympic-qualifying draw suits Canada

Canada received a favourable draw Monday in its road to the Olympic women's soccer tournament. The Canadian women, ranked 11th in the world, were drawn in Group B in Houston with No. 48 Trinidad & Tobago, No. 84 Guatemala and No. 92 Guyana for the Feb. 10-21 CONCACAF qualifier.

The top-ranked United States, as host country, was placed in Group A in Frisco, Texas, with No. 26 Mexico, No. 34 Costa

Rica and No. 115 Puerto Rico. The two finalists will represent North and Central America and the Caribbean at the 2016 Games in Rio de Janeiro in the 12-team Olympic field.

The Americans got the tougher pool but should not be troubled given their status as reigning world champion, with an 18-0-4 record since their last loss - 2-0 to France in February.

The Americans have been



We are the strongest team in the group. It's ours to lose.

Canada coach John Herdman

to all five women's Olympic soccer tournaments, winning gold four times, including the last three competitions. Canada won bronze in 2012 and finished eighth in 2008 after losing to the U.S. in the quarter-finals.

Canadian coach John Herdman said Canada will be favoured in its group given its blend of experience and young talent. "When you put that together we are the strongest team in the group, we should be," he told a conference call after the draw. "And it's ours to lose." THE CANADIAN PRESS



Orlov strike helps Caps edge Oilers

because its offence wasn't as effective as usual. He came up

MONDAY in Washington



with several good glove saves that frustrated the Oilers.

Nilsson finished with 29 saves and turned in a second straight strong performance. He made 19 saves in last Friday's 5-1 victory at New Jersey that started Edmonton's five-game Eastern swing. This game was much different from the one played on Oct. 23 in Edmonton when the Capitals earned a 7-4 victory. There wasn't nearly as much offence, as both teams got better performances on defence

In fact, neither team could generate much offence in the first two periods, and Edmonton came up empty on a fourminute power play. Washington centre Nicklas Backstrom got a double-minor for high-sticking midway through the second period, but the Oilers could not score on their four shots.



Avalanche smother Jets

Cody McLeod scored the winner in the third period to lift the Colorado Avalanche 4-1 over the Winnipeg Jets on Monday night.

Carl Soderberg, Matt Duchene, and Blake Comeau, who hit the empty net, also scored for the Avalanche (8-12-1), who snapped a three-game losing streak. THE CANADIAN PRESS

Leafs lose shootout to Bruins

David Krejci scored the shootout winner and Patrice Bergeron extended his point streak to eight games as the Boston Bruins downed the Toronto Maple Leafs 4-3 on Monday to sweep a homeand-home set.

Brad Marchand, with two, and Zac Rinaldo scored in regulation for the Bruins (11-8-1). THE CANADIAN PRESS





RECIPE One-Pot Chicken & Tomato **Pasta**



Ceri Marsh & Laura Keogh For Metro Canada

This may be the simplest pasta recipe ever but it doesn't scrimp on flavour. And it only dirties one pot so it's basically perfection in the form of dinner.

Ready in

Prep time: 30 minutes Serves 4

Ingredients

- •1 Tbsp olive oil
- · 4 skinless, boneless chicken breasts, cubed
- · 2 cloves garlic, minced
- · 2 cups mushrooms, sliced
- •1 Tbsp fresh Thyme
- 1/2 cup white wine
- 1/2 cup chicken stock (or 1 cup of stock if you don't have or feel like using wine)
- •1 x 28 oz can of whole tomatoes
- •1 cup water
- 225 grams of dried pasta

CROSSWORD Canada Across and Down BY KELLY ANN BLICHANAN

ACROSS 1. A few 5. Set-_ (Arguments) 8. Sailboat part 12. Division 13. Mr. Fiennes of flicks 15. Regarding: 2 wds 16. Mr. Voisine, Canadian singer 17. As per #41-Across... Is an alumnus of The Second City comedy troupe 19. Touch up/intensify 21. Boucher ville buddy 22. 'Tsar' suffix (Russian empress) 23. Showbiz personality Ms. Shore 24. Perfectly, to 25. Luba of "Royal Can-

(More at #17-Across

and #14-Down!)

44. Apple drinks

49. Dove's patter

47. Care-_-_ (Care

43. TV fuzz

Bears home)

50. Egg mass

need to work in batches). 2. Once all the meat is niceadian Air Farce' ly browned (but not cooked 26. Zig's pal through), add the garlic, thyme 27. Calligraphand mushrooms and let them er's props soften up and kick off their 29. J.R., Sue Ellen juices. Now add the wine and/ and Bobby or stock, water and tomatoes. 31. Classic range Break the tomatoes up with the cookers back of a wooden spoon. 33. Observes 35. Flamboyance 3. Bring the sauce to a bubbly sim-37. Like a not-eruptmer and add your pasta. As the ina volcano pasta softens up in the heat, push 41. "Cityline" guest it under the liquid. Depending expert Ms. Smith

on which pasta you're using it will take about 15 to 20 minutes. Taste and check seasoning. 3. Top with a big handful of mozzarella.

Salt and pepper to taste

1. Warm up your olive oil in a

large, deep skillet over medium

heat. Brown the chicken (you may

1/2 cup mozzarella

Directions

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

12 15 16 17 18 19 20 22 23 25 30 35 36 38 42

61

51. Mormon Tabernacle Choir's state 53. Canadian singer Ms. Ord 55. Halifax's famous madam Ms. McCallum (b.1909 - d.1986) 56. Roman sun

55

59

63

57. Witty comeback 59. Triumphant 62. Use a wooden spoon 63. Strong as _ 64. Marina vessel 65. Joy of Cook-

ing author, S.

Rombauer

KB

60

66. Camp shelter 67. Bering, e.g. 68. Blinkers

DOWN 1. Certain 2. People of the Hills... One of the nations of the Haudenosaunee

Confederacy 3 Madonna's home state 4. Mr. Hawke

62

65

5. Gentle 6. Raine Maida's band [acronym] 7. Mother Goose guy Jack

8 Avril's follower 9 Allocate 10. Dictation-taker, for short 11. Not yet tomorrow's 13. Like Canada's storied past: 3 wds. 14. Profession of #41-Across: 2 wds. 18. TV show fan 20. Book publisher A. Talese 24. Prince Edward Island hrs. 26. Handle a laser 28. Second _ War (1899 to 1902 conflict) 30. Belief systems 32. Equivalent 34. Variant-spelled pastoral poem 36. Legendary tenor Enrico 38. Genealogist's specialty 39. Midday 40. One-plus-One 42. Sixth music syllable, variantly 44. Dapper piece of neckwear 45. Scrape application 46. Cleric with a wooden bench 48 Dance style 52. _ Grace (1996 Margaret Atwood novel) 54. Actress Ms. Perez 57. Industrial region of Germany 58. Ages 60. 'Plain' computer

file extension

61. Calendar mo.

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 Someone you have always thought of as a rival will surprise you today by saying something that makes you feel good. Is it some kind of trick? No it is not. They really do want to be nice to you. Be nice in return.

Taurus April 21 - May 21 What happens today will convince you that what you've been working on is not what you should be doing Now you're free to pursue something that is much more true to you

I Gemini May 22 - June 21 This is a good time for relationships, especially those that come from the heart. Today, give everything you have got and you will get it back in multitudes.

Cancer June 22 - July 23 If someone you thought you could trust has been telling tales about you behind your back then by all means cut your links with them. But make sure you know all the facts first.

Leo July 24 - Aug. 23 Do only what you want to do. The Sun in Sagittarius at this time of year means it's so easy to have fun, so get out and about, see and be seen and do something truly amazing.

Virgo Aug. 24 - Sept. 23 Important people are watching you and they will like what they see. They will like it even more if you give the impression that you are a team player and not just someone who is in it for themselves.

Libra Sept. 24 - Oct. 23 Your confidence will soar over the next few days and with both Mars and Venus moving through your sign a breakthrough of some kind cannot be far away.

Scorpio Oct. 24 - Nov. 22 If you get more than you deserve there's a cosmic reason for it. Could it be you did a favour for someone earlier in the year and, being the modest person you are, forgot about it? The universe never forgets.

Sagittarius Nov. 23 - Dec. 21 Ignore those who seem to enjoy preaching doom and disaster. Be positive and hope that your cando attitude rubs off on those who seem to enjoy being negative.

Capricorn Dec. 22 - Jan. 20 The more you have been frustrated in the past the more you will enjoy yourself now. Appreciate your moment in the spotlight but remember: modesty is always attractive - and less likely to make you a target!

Aquarius Jan. 21 - Feb. 19 If you want to make a name for yourself it won't be too difficult. Today's Mars-Saturn link will bring out your ambitious side. You're on your way to the top.

Pisces Feb. 20 - March 20 Everything you believe in is being put to the test. It may be a painful process but it needs to happen so that you can reach a better understanding of who you really are.

CONCEPTIS SUDOKU by Dave Gree

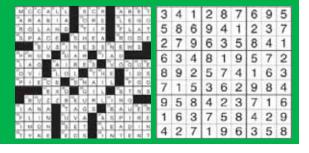
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I, MANPREET SINGH

son of Bhuninder Singh, holder of Indian Passport No G9175642, issued at Chandigarh on 2nd July 2008, permanent resident of HNo. 545, Sector 48-A Chandigarh 160047, India and presently residing at 3831 Charleswood Dr. NW Calgary, AB T2L 2C7, Canada do hereby change my name from Manpreet Singh to Mannreet Singh as given name and Naraina as my surname, with immediate effect. For all purposes per affidavit dated November 24, 2015.

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